

# Leaflet 26

## Schizophrenia

Schizophrenia is a serious mental health problem.

Schizophrenia is an illness.

Anyone can get schizophrenia.

Schizophrenia affects everyone differently.



### What does schizophrenia do?



Some people with schizophrenia can have strange thoughts.

These strange thoughts are part of the illness.

People with schizophrenia might think things that are not true, like:

- that everyone hates them
- that people are trying to hurt them
- that they have special powers.



Some people with schizophrenia hear voices that other people do not hear – these voices are:

- not really there
- part of the illness.



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People with schizophrenia:

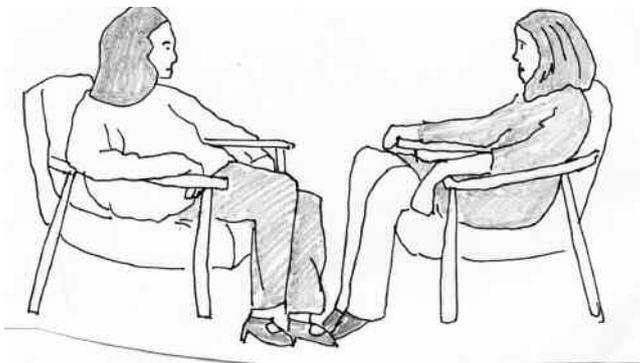
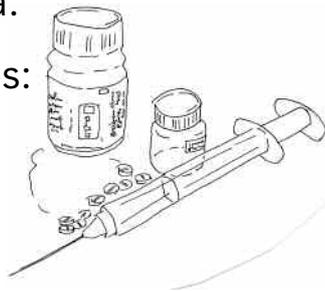
- can feel very frightened and anxious
- might have trouble talking to other people
- might feel sad
- might not want to do their normal activities.



There is treatment for schizophrenia.

Treatment for schizophrenia includes:

- taking medication
- talking to a therapist.



Some people get better after treatment.

Sometimes people with schizophrenia are normal.

Sometimes the schizophrenia comes back.

Some people have schizophrenia that comes and goes.

It is important to remember that people with schizophrenia need help and support.

People with schizophrenia can lead normal lives with help and support.