CLÍNICA VIVALDI · FREE SHEET · SCHIZOPHRENIA SPECTRUM AND PSYCHOSIS

Catatonia

Severe movement and response impairment: the person may remain motionless, speechless, adopt fixed postures, or show aimless agitation. It can appear in psychiatric or medical disorders and requires urgent attention.

COMMON SIGNS

- Immobility or lack of response
- Not speaking or eating
- Fixed postures or repeated movements

TIPS FOR YOU

1. It is a medical emergency: call 112
2. It can be treated effectively in hospital
3. Stay with the person and keep them safe

FOR FAMILY AND FRIENDS

1. Don't leave them alone and protect them from knocks or falls
2. Call 112: hospital care is needed

WHEN TO ASK FOR HELP

1. It is always an emergency
2. Especially if they are not eating or drinking or have a fever

CHECKLIST OF WARNING SIGNS

☐ Stays still for a long time
☐ Doesn't respond when spoken to
☐ Isn't eating or drinking
☐ Holds fixed or strange postures
☐ Repeats words or movements
☐ Resists when you try to move them
☐ Alternates with moments of agitation for no reason
☐ It started suddenly

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/catatonia
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112