CLÍNICA VIVALDI · FREE SHEET · SCHIZOPHRENIA SPECTRUM AND PSYCHOSIS

Schizophrenia

Disorder affecting perception and thinking: delusions, hallucinations, disorganized speech and symptoms such as apathy or isolation may occur for at least six months. With treatment and support, many people lead full lives.

COMMON SIGNS

- Hearing or seeing things others don't perceive
- Unusual beliefs that cannot be questioned
- Isolation, apathy and difficulty with self-care

TIPS FOR YOU

1. Seek mental health care as soon as possible: early intervention improves the outlook
2. Stick to the prescribed treatment and check-ups
3. Avoid cannabis and other drugs, which make symptoms worse

FOR FAMILY AND FRIENDS

1. Don't argue about their beliefs; talk about how they feel
2. Go with them to appointments and support them in sticking to treatment

WHEN TO ASK FOR HELP

1. If they talk about harming themselves or others: 112
2. If they stop eating, drinking or sleeping for several days

CHECKLIST OF WARNING SIGNS

☐ Hears voices or sees things others don't perceive

☐ Believes they are being watched, followed or talked about for no reason

☐ Has strange ideas they won't allow to be questioned

☐ Speaks in a disorganised way that is hard to follow

☐ Withdraws and has dropped their activities

☐ Has stopped looking after themselves (hygiene, food, sleep)

☐ Shows flat or out-of-place emotions

☐ The way they act has changed a lot over weeks or months

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/esquizofrenia
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- 024 suicide crisis line (Spain, free, 24 h): https://www.sanidad.gob.es/linea024/home.htm
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112