CLÍNICA VIVALDI · FREE SHEET · SCHIZOPHRENIA SPECTRUM AND PSYCHOSIS

Schizophreniform disorder

Schizophrenia-like symptoms (delusions, hallucinations, disorganization) lasting between one and six months.

COMMON SIGNS

- Sudden changes in the way of thinking or perceiving
- Mistrust or strange ideas
- Difficulty functioning day to day

TIPS FOR YOU

1. Urgent mental health consultation
2. Support them without arguing about delusional ideas
3. Avoid alcohol and drugs

FOR FAMILY AND FRIENDS

1. Keep the atmosphere calm and free of arguments
2. Seek mental health care as soon as possible

WHEN TO ASK FOR HELP

1. If there is a risk to them or others: 112
2. If they use drugs and get worse

CHECKLIST OF WARNING SIGNS

☐ For weeks they have been hearing or seeing things others don't perceive

☐ Has persecutory or very strange ideas

☐ Their speech has become confused

☐ Behaves in a strange or disorganised way

☐ Has stopped studying, working or socialising

☐ Sleeps very little or very badly

☐ Seems frightened or suspicious

☐ The changes began less than six months ago

FREE RESOURCES

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