CLÍNICA VIVALDI · FREE SHEET · PERSONALITY

Schizotypal personality disorder

Disturbance in close relationships, peculiar ideas or beliefs, unusual perceptions and eccentric behavior.

COMMON SIGNS

- Magical or strange ideas
- Intense social anxiety
- Eccentric appearance or behaviour

TIPS FOR YOU

1. Mental health follow-up
2. Work on social anxiety
3. Avoid drugs

FOR FAMILY AND FRIENDS

1. Accept who they are without ridicule
2. Encourage them to stay in contact with mental health services

WHEN TO ASK FOR HELP

1. If voices or persecutory ideas appear
2. If they use drugs

TO OBSERVE AND NOTE DOWN

☐ I have beliefs others consider odd or magical

☐ Sometimes I sense presences or perceive strange things

☐ I feel very uncomfortable in social situations

☐ I'm suspicious of others

☐ Others say the way I dress or speak is unusual

☐ I have few close friends

☐ I think chance events have to do with me

☐ My social anxiety doesn't ease even when I know people

FREE RESOURCES

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