

## Help and support



Your doctor: .....

Telephone number:  
.....

Your psychiatrist: .....

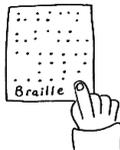
Telephone number: .....

Your community nurse: .....

Telephone number: .....

Other professionals involved:.....

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This leaflet is available in other languages or formats

For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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## Schizophrenia



Mental health and  
learning disabilities

People with schizophrenia have problems with the way they think, feel and behave.

Some of these problems are called 'positive symptoms' and some problems are called 'negative symptoms'.

## Positive symptoms

### Hallucinations

You may hear voices or sounds that other people do not hear.



### Delusions

You may believe things or experience things that most other people do not.



### Thought disorder

You may not be able to think or talk clearly.

People may not be able to understand.



Lots of people with schizophrenia find art helps them.

Some people find painting or playing music helps them.



If you are feeling very unwell and want to go somewhere safe, you may need to go into hospital for a while.

## Useful telephone numbers

There are lots of organisations which can help you.

### MIND



0845 7660163



[www.mind.org.uk](http://www.mind.org.uk)

### The Samaritans



0845 7909090



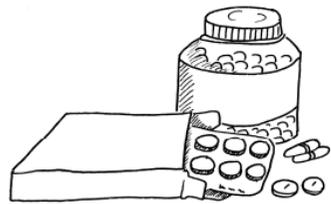
[www.samaritans.org](http://www.samaritans.org)

## How can I feel better?

People with schizophrenia can get better.



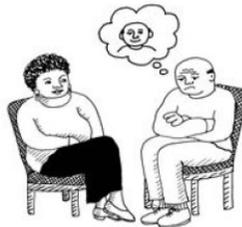
You will be seen by a doctor and a team of professionals who will decide how they can help you.



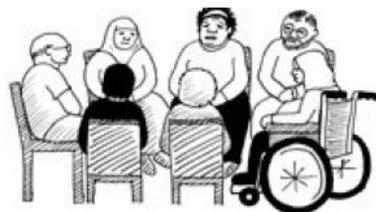
You may be able to take tablets to help your problems.

Your doctor will help you decide which tablet is the right one for you.

You can talk to someone about your problems.

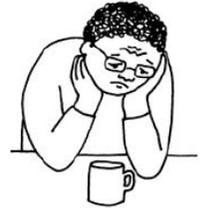


You can talk to someone on your own or with your family.



## Negative symptoms

You may want to be on your own.



You may not want to do the things you used to enjoy.



You may not want to wash or get dressed.

You may not want to eat.



You may not want to do housework.

Lots of men and women get schizophrenia.

The people who get schizophrenia usually get it when they are 18 years old to 30 years old.



There are lots of reasons why people get schizophrenia.

Everybody is different.

