



# Understanding Schizophrenia

**Do you know someone who seems to have "lost touch" with reality?**



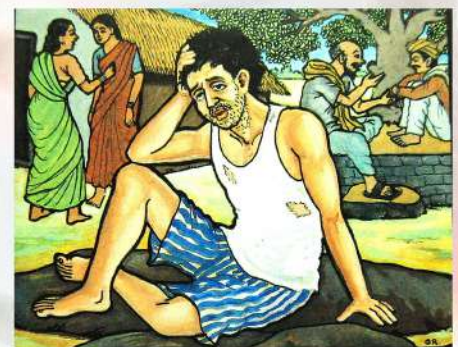
**Does this person talk about "hearing voices" no one else can?**



**Does he or she fear that they will be harmed?**



**Does this person appear withdrawn ?**



**Sometimes people with these symptoms may be suffering from Schizophrenia**

**Schizophrenia is Treatable. If you notice the above symptoms. Consult the doctor at the earliest**



# Role of Care Givers in Taking Care of Persons with Schizophrenia



**1. Ensure regular visits to the doctor**

**2. Help with daily activities**

**4. Make sure that the person takes medicines regularly**

**5. Look out for relapse symptoms**

**6. See that the person eats healthy food, rests and sleeps**

**7. Encourage the person to do things independently**



# Encouraging Recovery in Schizophrenia

**Don't take on more than you can handle and take time for yourself.**

**Try to get at least 8 hours of sleep everyday.**

**Do not use alcohol and drugs.**

**Get regular exercise. Aim for 30 minutes of activity everyday**

**Do things that make you feel good about yourself.  
Develop a hobby.**

**Regularly consult the treating team.**

**Take medicines regularly.**

**Spend time with family and friends.**