

FRIENDS, FAMILY AND NEIGHBOURS CAN HELP YOU

A community is an integral part to avoiding a schizophrenia relapse. Here are tips to help you communicate your needs with your friends and family.

THE POWER OF ONE

Schizophrenia often prevents you from trusting people. Start with allowing yourself to trust one person. It may be difficult at first, but once you take that step, you'll notice people are waiting to help you.¹

AVOID TRIGGERS¹

Substances and negative company may trigger your symptoms. Keep the company of people who practice sobriety and healthy habits, this will help you cope with symptoms in the long term.

DON'T ISOLATE YOURSELF¹


You may experience an increase in hallucinations and delusional behaviour when isolated. The presence of people can prevent a relapse of psychotic episodes and heightened symptoms of schizophrenia.

LIVING ARRANGEMENTS¹

Due to the debilitating nature of schizophrenia, it's important to live with, or nearby family and caregivers. This allows your caregivers to assist should you experience a psychotic episode or simply forget to take your medication.


Effective treatment options¹

A healthcare professional will recommend a treatment plan that will reduce the severity of your symptoms. Your doctor may recommend talk-therapy, which will help them identify the severity of your symptoms. Some treatment options include,



Daily oral medication:

..... People living with schizophrenia may need to take a daily dose of oral medication, this helps manage symptoms.



Monthly injectable:

..... A ground-breaking, long-acting treatment that reduces schizophrenia symptoms for up to a month and is administered as an injectable. The benefit of this option is that your doctor can monitor your progress and make sure you stick to your treatment plan.

If you or a loved one is struggling with symptoms of schizophrenia, consult a doctor. There is a monthly injectable that manages symptoms and allows you to live a fulfilled life.

References:
¹. <https://www.helpguide.org/articles/mental-disorders/helping-someone-with-schizophrenia.htm>