

WHERE TO GO FOR HELP

If you require further information or help please contact your Employee Assistance Provider or your preferred medical or mental health provider.

SANE Helpline

A helpline that provides information about mental health and sources of support.

www.sane.org

World Fellowship for Schizophrenia and Allied Disorders

An organization dedicated to increasing knowledge and understanding of schizophrenia and related disorders. The website provides information and resources that may be useful to sufferers and their families.

www.world-schizophrenia.org

Schizophrenia



Approximately one in every 100 people worldwide are affected by schizophrenia.

Schizophrenia is ten times more common than AIDS, cot death and melanoma combined.

Although less common in the general population than other mental disorders, schizophrenia is more common than most think and is an extremely debilitating condition. Schizophrenia is characterized by disturbances in a person's thoughts, perceptions, emotions and behaviours. Although the symptoms may be more obvious than in other disorders, with appropriate treatment and intervention it is possible for some people diagnosed with Schizophrenia to lead relatively normal lives and engage in social and work environments successfully.

Indicators that someone might be suffering Schizophrenia typically include:

- **Confused thinking**—disjointed and fragmented thoughts
- **Disorganisation**—generally of behaviour, such as difficulty speaking fluidly and dressing inappropriately
- **Delusions**—a false belief held by someone that is not held by other members of similar cultural backgrounds, which can include beliefs about possessing special powers or being at serious risk of persecution
- **Hallucinations**—experiencing sensations that others do not, most commonly hearing things that are not really there (auditory hallucinations)

WHAT TO DO?

It is not your responsibility to diagnose someone if they are demonstrating signs consistent with Schizophrenia, nor is it your role to 'solve' the problem. However, it is important that if someone discloses that they are experiencing such symptoms, that you encourage them to talk to a professional; You can contact a local GP, medical centre, local area health service, Psychologist, or in the case of a crisis, contact a 24-hour support telephone line. At work contact your HR or EAP representative.