

SIGNS AND SYMPTOMS

Symptoms of schizophrenia and psychotic illnesses often develop slowly over months or even years; with onset typically occurring during early adulthood and late adolescence. Symptoms of schizophrenia in particular are split up into three categories: positive symptoms, negative symptoms and thought disorder.

Signs of positive symptoms, such as hallucinations or delusions, can include:

- Talking aloud to yourself
- Seeing or hearing things that are not apparent to others
- Suspiciousness
- Fear that someone is trying to harm you

Signs of negative symptoms, such as depression and social withdrawal, can include:

- Loss of motivation
- Avoiding contact with others
- Lack of energy or interest in life

Signs of thought disorder, such as disorganized or racing thoughts, can include:

- Speaking in an incoherent manner
- Losing your train of thought
- Jumping from one topic to another

MYTH	FACT
Schizophrenia is a rare illness. It could never happen to me.	1 in 100 people will get schizophrenia, and it can happen to anyone.
People with schizophrenia are violent or dangerous.	People with schizophrenia are more likely to be victims of crime than commit one.
Schizophrenia happens to older people only.	Young people are most at risk, with onset of schizophrenia typically happening between 16 and 24 years of age.
People with schizophrenia look and act very differently.	Symptoms are not always visible. People with schizophrenia can look and act just like anyone else.

This information should not be used as a substitute for advice of a professional.



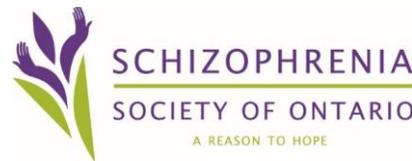
The Schizophrenia Society of Ontario's **Peace of Minds** campaign is a fundraising initiative that reflects the fact that a diagnosis of schizophrenia or a psychotic illness changes so many lives. It touches not only the person with the diagnosis, but all the important people in their lives. It's truly a community illness and demands a community response. The campaign initiatives support individuals with the illness and their families.

Ways to Help

Help us provide vital support services to people impacted by schizophrenia and psychotic illnesses.

- Make a Donation
- Become a Monthly Donor
- Give a Matching Gift
- Donate In Tribute or In Memory of a Friend or Loved One
- Donate a Gift of Stock
- Consider a Planned Gift in Your Will
- Participate in One of Our Organization Events
- Host Your Own Event
- Become a Member
- Become a Volunteer
- Become an Advocate for Mental Illness

75% OF OUR FUNDING COMES FROM PEOPLE LIKE YOU



To learn more about the Schizophrenia Society of Ontario or to join our networks visit us at www.schizophrenia.on.ca



**A Reason to Hope.
We are here to help!**



Together we can make a positive difference.

A resource for families, individuals and communities impacted by schizophrenia and psychotic illnesses.

Schizophrenia Society of Ontario
95 King St. East Suite 300, Toronto, ON M5C 1G4
1 800.449.6367 416 449.6830 www.schizophrenia.on.ca
asktheexpert@schizophrenia.on.ca

Charitable Registration # 129904058RR0001

Schizophrenia and psychotic illnesses are treatable brain disorders. Unfortunately people are not getting the help they need. **We are here to help!**



The Schizophrenia Society of Ontario raises awareness and support for schizophrenia and psychotic illnesses. A diagnosis reaches beyond the individual, it also impacts friends and family who provide a crucial support network. Schizophrenia is truly a community illness and demands a community response.

The Schizophrenia Society of Ontario is committed to helping all Ontarians understand the facts related to schizophrenia and psychotic illnesses.

Education and awareness remain the key to ending stigma.

Stereotypes and misinformation are prevalent and can stand in the way of people living the full and meaningful lives they deserve. The Schizophrenia Society of Ontario helps people better understand schizophrenia and psychotic illnesses, and works to dispel myths and improve the lives of the over 130,000 individuals in Ontario.

PROGRAMS AND SERVICES

Schizophrenia and psychotic illnesses are complex, but there is help and hope.

Ask the Expert – Online, In-Person and Telephone Support

Families and people living with schizophrenia and psychotic illnesses often struggle to find the information and resources they require to meet their personal recovery goals. The Ask the Expert program addresses practical questions about living with schizophrenia and psychotic illnesses, provides guidance on how to navigate the mental health system and shares information on local resources. It also facilitates local support groups to enable people to come together and share vital information.

Public Awareness

The Schizophrenia Society of Ontario reaches out to the community at large to raise awareness about the signs and symptoms of psychotic disorders, encourage early recognition and treatment and dispel the myths that lead to the stigmatization of those affected by mental illness.

Research

The Research Department of the Schizophrenia Society of Ontario conducts and disseminates research findings and works with community stakeholders to promote open dialogue on research outcomes, priorities and developments.

Education & Training

The Schizophrenia Society of Ontario offers specialty training to various groups including employers, employees, teachers, police and professionals who work directly with individuals living with mental illness. Through In-Service Training programs, we share best practice approaches with individuals who are in the position to make a positive difference in the life of someone facing a mental illness.

Early Intervention Family Support

Families are often the first line of support for an individual living with mental illness. This program provides counseling and information to families encountering a first episode of psychosis, to help ensure signs are identified quickly and they receive the best combination of services to assist loved ones in their recovery.

Justice and Mental Health

Our JAMH initiative supports families of people with mental illness who have come in contact with the law, and also works to promote change through public education and capacity training to professionals who service this population. This program also advocates on behalf of families as well as engages in system-level advocacy to create change through effective public policy.

Policy, Advocacy and Community Relations

Policy development and advocacy are key initiatives of the Schizophrenia Society of Ontario. For over 30 years, we have promoted changes to public policy, with the goal of improving the lives of people living with mental illness and the lives of their families.

Be The One

Be the One is a mental health awareness and mobilization strategy that encourages young people to get involved and take an active role in influencing how mental illness is perceived among their peers. This “by youth – for youth” initiative provides all young Ontarians with the tools required to know the signs of mental illness, access help, demonstrate positive leadership in their communities and build effective partnerships focused on youth and mental health.

Scholarship Program

The Schizophrenia Society of Ontario offers Canada’s only scholarship program dedicated to helping people affected by schizophrenia and psychotic illnesses. Whether they are living with the illness, have a parent who is affected by it, or have made a difference in addressing stigma within their community, the program opens the door to education opportunities and enables recipients to realize their dreams.