

Schizophrenia

1. What is Schizophrenia?

2. Describe a Schizophrenia “episode” in regards to the following:
 - a. Early feelings

 - b. High Point/Psychosis

 - c. After feelings

3. Describe how Schizophrenia can be unique to each person.

4. **Who does it affect?**

5. What can I Do About It?

Although there is no cure for Schizophrenia there are several treatments and supports that help the individual begin a recovery by reducing the impact of problems and regaining wellness. Explain how each of the following have proven helpful.

- a. Explain how Hospitalization can be a beneficial time for recovery.

- b. What types of Medications have proven helpful and in what ways?

c. Which groups of professionals seem most helpful for Counselling and Supports?

d. Explain what can be learned to prevent relapse.

e. What Self-Care steps have been proven helpful?

f. Explain why it is important to maintain healthy relationships with this illness?

Helping Loved Ones

Give three tips to help a loved one who may be suffering from this illness.