

## What is Schizophrenia?

Schizophrenia is a treatable, complex biochemical brain illness with abnormal levels of certain chemicals and neurotransmitters whose cause is not yet known. The illness affects each person differently and can follow a varying course over time. It generally strikes between the ages of 15 and 30, and affects approximately 1 out of 100 people.

## What are the Symptoms?

In early psychosis, persons with the illness may be unable to relax, concentrate or sleep. They may become reclusive or socially withdrawn. Their performance at school or work may deteriorate along with their personal appearance and social skills. However, not everyone who has psychosis has schizophrenia.

Schizophrenia may seem to come and go in cycles of remission and relapse. During remission, persons with schizophrenia may seem unaffected. However, in relapse they may experience several of the following symptoms:

- **Hallucinations:** hearing, seeing, smelling, feeling or tasting things that other people are not experiencing
- **Delusions:** beliefs for which there is no proof
- **Paranoia:** suspicious feelings, irrational thoughts of persecution
- **Thought disorders:** disorganized and fragmented thinking leading to incoherent ideas and speech
- **Flatness of affect:** inability to express emotions
- **Out of character behavior:** a change in behavior patterns
- **Social withdrawal:** isolation and reclusiveness
- **Cognitive deficits:** memory loss, difficulty in concentrating, planning and decision-making
- **Functional deterioration:** loss of skills
- **Depression:** constant feeling of sadness or despair

## What is Schizoaffective Disorder?

Schizoaffective Disorder is a treatable illness where you have one or more of the symptoms of Schizophrenia combined with one of more of the symptoms of depression or bipolar disorder. About 1 in 500 people has schizoaffective disorder.

## What is Depression?

Depression is a treatable illness. It is a mood or emotional state marked by feelings of low self-worth or guilt and a reduced ability to enjoy life. It is more than just feeling down due to life's regular upsets such as grief or loss of a relationship.

Symptoms of Depression:

- Prolonged sadness
- Unexplained crying spells
- Eating too much or not enough
- Sleeping too much or not enough
- Persistent lethargy and loss of energy
- Feelings of guilt and worthlessness
- Body aches and pains
- Withdrawal from interests or activities
- Feelings of wanting to die or suicidal actions or thoughts

## What is Bipolar Disorder?

Bipolar Disorder (Manic Depression) is a treatable illness marked by extreme changes in mood, thought, energy and behaviour. About 2-4% of the population has experienced bipolar disorder. A person's moods can alternate between the "poles" of mania and depression in episodes that last from days, to weeks or months and to varying degrees of severity. They can also experience periods of stability.

Symptoms of Bipolar Disorder:

- Increased physical and mental activity and energy
- Heightened mood, exaggerated optimism and self confidence
- Excessive irritability, aggressive behaviour

- Decreased need for sleep without fatigue
- Increased spending or gambling
- Racing speech, thoughts, and ideas
- Increased sex drive, and reckless behaviour
- Depression to varying degrees of severity

For Type 2 bipolar a person experiences highs and lows but the mania end of the spectrum is not as severe, and is called hypomania.

For Cyclothymia there are periods of hypomania and depression but the symptoms are shorter, less severe, and do not occur with the regularity that is experienced with Type 1 or 2 bipolar disorder

## What is Anxiety Disorder?

Anxiety is a normal response to stress that sometimes becomes a problem when it interferes with a person's ability to function every day. There are different types of anxiety disorders including panic disorder, generalized anxiety disorder (GAD), obsessive compulsive disorder(OCD), Post-traumatic stress disorder (PTSD, and phobias.

Symptoms of Anxiety Disorders:

- Feelings of panic, fear, and uneasiness
- Problems sleeping
- Cold or sweaty hands or feet
- Shortness of breath, heart palpitations
- Nausea and Dizziness
- Avoiding situations and public places

## Never Forget!



**A diagnosis is simply a tool to help a person receive the assistance they need**

## Remember You Are Not Alone

The Schizophrenia Society of Saskatchewan can provide options to assist you to cope more effectively.

## **Don't Lose Hope:**

- Know that with treatment ever increasing wellness is expected.
- Avoid isolation by maintaining contact with family and friends.
- Seek immediate help for a relative, a friend or yourself.
- Talk to someone such as a family physician, mental health professional teacher, guidance counselor.
- Call the Schizophrenia Society Peer Worker at: 1-877-584-2620.
- Join a support group or educational group such as the ones offered by the Society.
- Use [www.sk.211.ca](http://www.sk.211.ca) to find mental health resources in your area.
- Call the 811 if you need mental health support - 911 if it is an emergency such as a suicide attempt
- **Centralized intake for mental health and addictions:**  
**In Regina call:**  
306-766-7800 for adult,  
306-766-6700 for ages under 18.  
**In Saskatoon for all ages call:**  
306-655-7777,
- The following are crisis lines:  
**La Ronge 24-Hour Crisis Line**  
306-425-4090  
**Prince Albert Mobile Crisis Services**  
306-764-1011  
**Regina Mobile Crisis Services**  
306-757-0127  
**Saskatoon Mobile Crisis Services**  
306-933-6200  
**Southwestern SK Crisis Services**  
1-800-567-3334  
**1<sup>st</sup> Nations and Inuit Help Line**  
1-855-242-3310 (toll free)  
**Kids Help Phone**  
1-800-668-6868

## Resources

**Provincial Office can be contacted at:**  
1311 Saskatchewan Drive, Regina, SK  
Mailing Address is:  
P.O. Box 305 Regina, SK S4P 3A1  
Telephone:  
306-584-2620  
Toll Free: 1-877-584-2620  
Fax: 306-584-0525

Website: [www.schizophrenia.sk.ca](http://www.schizophrenia.sk.ca)  
Email: [info@schizophrenia.sk.ca](mailto:info@schizophrenia.sk.ca)  
Facebook:  
[fb.me/SchizophreniaSocietyofSaskatchewanInc](https://fb.me/SchizophreniaSocietyofSaskatchewanInc)

To book a Partnership Program Presentation  
**Regina & surrounding area call:**  
**Tanya Condo at:** 306-584-2369  
Email: [tanya@schizophrenia.sk.ca](mailto:tanya@schizophrenia.sk.ca)

**Saskatoon & surrounding area call:**  
**Curtis Harman at:** 306-374-3220  
Email: [curtis@schizophrenia.sk.ca](mailto:curtis@schizophrenia.sk.ca)

**Rural & Northern presentations call:**  
**Sean Barschel at:** 306-584-2620  
Email: [sean@schizophrenia.sk.ca](mailto:sean@schizophrenia.sk.ca)

## Language Matters:

A person is not their illness and having a mental illness is only one part of a person.

- People with schizophrenia are not schizo or schizophrenics.
- People have bipolar disorder they are not bipolar.
- People with mental illness are not mental.
- Suffering from psychosis does not make a person psycho.

Please strive to use 'person first' language. They are a person **with** a mental illness. You would never say "the person is a cancer" to describe a person with cancer so why treat mental illness any differently.

## Street Drugs and Alcohol

The use of street drugs and alcohol is not recommended especially for anyone with a mental illness or history of mental illness in their family. This is because recreational drugs and alcohol can trigger the symptoms of schizophrenia and other illnesses and make the symptoms more intense, and complicate the recovery process.

Marijuana is a leading trigger of Schizophrenia and can make symptoms appear earlier than they would otherwise and complicate the treatment process by affecting the effectiveness of medications.

All recreational drugs, alcohol abuse, and prescription drug abuse can trigger mental illnesses and worsen symptoms.

If you think you have an addiction or substance use issue it is important to seek help.

## Treatment

Treatment for mental illness includes working with health care professionals, finding appropriate medication, sobriety from drugs and alcohol, counseling, healthy eating, exercise, and having positive interactions with people.



## Your donations make a difference!

Our Charitable Registration Number is: 0707745-11-22. Donations of \$20 or more are deductible on income tax returns and a tax receipt will be issued.

## Mental Health Statistics

- \* 1 in 4 people will experience a mental illness at some point in their life.
- \* 2 in 3 people suffer in silence fearing judgment and rejection.
- \* 46% of Canadians think people use the term mental illness as an excuse for bad behavior.
- \* 27% say they would be fearful of being around someone who suffers from serious mental illness.
- \* Only 1 person out of 5,000 people with schizophrenia commits violent crime. This is the same rate as the general population.
- \* People with schizophrenia are 2.5 times more likely to become victims of crime.



- \* On any given week, more than 500,000 Canadians will not go to work because of mental illness
- \* Suicide accounts for 24% of all deaths among 15-24 year-olds and 16% among 25-44 year-olds.
- \* Stress is a major trigger for the onset of mental illness and reducing stress helps alleviate symptoms.
- \* 50% of all mental illnesses begin by the age of 14.
- \* People age 20-40 with mental illness use more hospital beds than those with any other medical condition.
- \* For every \$1 spent in mental health care \$7 in economic, justice, and social costs are saved.
- \* Only 5% of Saskatchewan's health care budget is spent on mental health, this is 2% below national average.

November 29<sup>th</sup>, 2018



## **Mental Health Information**

**Provided by the  
Partnership Program**



**Stigma busting information designed to provide facts about schizophrenia and mental illnesses; directing individuals and families where they can access support and services.**