



10 TIPS

Knowledge is Power

These tips are designed to help you find hope, understand, learn about and deal with mental health issues everyday.

Schizophrenic Illness

- 1. Participate in your treatment.** Be actively involved in setting your individual goals and your treatment plan. Your treatment should be based on your needs and goals. Attend appointments regularly and practice new skills you learn in treatment.
- 2. Ask questions.** Ask your mental health provider to explain your diagnosis, treatment options and recommendations. Write down questions ahead of time and bring them with you. If you don't understand something, ask again. Ask a friend or family member to attend a session with you to assist you.
- 3. Treat suicidal thoughts seriously.** Call your mental health provider if you are having suicidal thoughts. If you believe that you are not able to keep yourself safe get immediate help by calling 911, going to the nearest hospital emergency room or calling the emergency service at your mental health center: MHCBBC: (303) 447-1665, Jefferson Center: (303) 425-0300.
- 4. Be alert to early symptoms.** Ask your family and friends to help you with this. Symptoms of schizophrenic illness can return, particularly when you are under stress. Seek treatment as soon as possible and ask your mental health provider about developing a Wellness Recovery Action Plan (WRAP) or crisis plan. Share your plans with your family and friends.
- 5. Create support** through family, friends, and peers. Ask your mental health provider or the Office of Consumer and Family Affairs (303) 432-5955) for information about peer support options in the community.
- 6. Care about yourself.** Establish a healthy lifestyle which includes adequate sleep, good nutrition and regular physical activity; these things can all help to regulate your mood. Remember, alcohol and illegal drugs worsen symptoms. Participate, with others, in activities you enjoy.
- 7. See your Primary Care Provider (PCP)** at least annually and if you don't have a medical provider ask your mental health provider for help in obtaining one.
- 8. Take medications regularly** for schizophrenic treatment, even if you are feeling better. Call your prescriber or nurse if you have questions or if you have uncomfortable side effects. Ask about other medications that have fewer side effects or that decrease side effects.
- 9. Be hopeful. Set personal goals.** People with schizophrenic illness can and do recover* and live full and productive lives. You are not alone.
- 10. Learn about schizophrenic illness** and how people recover from mental illness. Ask for written materials from your mental health providers or obtain information at the library or internet. Three places to start are The National Alliance on Mental Illness (NAMI) www.nami.org/, the National Institute of Mental Health (1.800.421.4211 or www.nimh.nih.gov) and the FBH website, www.fbhcolorado.org.

Developed in Collaboration with FBH Providers & the Consumer and Family Advisory Board



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