

Here is some information about schizophrenia from the Canadian Mental Health Association, The Schizophrenia Society of Canada, and The Mental Health Commission of Canada.

- Schizophrenia is a very complex mental illness. It affects the way you understand and interact with the world around you.
- Schizophrenia affects an estimated one person in 100. It can affect anyone, regardless of background or lifestyle.
- Individuals with schizophrenia may start to experience problems concentrating, thinking, communicating clearly, or taking part in their usual activities. At the most intense points during the illness, people may experience breaks from reality called psychosis. These could be sensations that aren't real, such as hearing voices, and strong beliefs that aren't true, such as believing they can control others' minds.
- Each person's experience with schizophrenia is unique. Some people only experience one episode in their lifetime, while others experience many episodes. Some people experience periods of wellness between episodes, while others may experience episodes that last a long time.
- No matter how someone experiences schizophrenia, early treatment can help reduce the impact of episodes in the future.
- No one knows exactly what causes schizophrenia or why it can affect people so differently. Some of the factors involved might be an individual's genes, brain structure, and life events.
- Currently there is no way to prevent schizophrenia and there is no cure. However, there are good and effective treatment options. The outlook for people with schizophrenia continues to improve. Eliminating stigma about mental illness is also an important part of helping people with schizophrenia to have a better quality of life.