

# Schizophrenia

Easy read information



People with schizophrenia have problems with the way they think, feel and behave.

Some of these problems are called 'positive symptoms' and some are called 'negative symptoms.'

## Positive symptoms



### Hallucinations

You may hear voices or sounds that other people do not hear.



### Delusions

You may believe things or experience things that most other people do not.



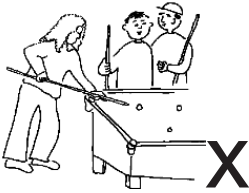
### Thought disorder

You may not be able to think or talk clearly. People may not be able to understand you.

## Negative symptoms



You may want to be on your own.



You may not want to do the things you used to enjoy.



You may not want to wash or get dressed.



You may not want to eat.



You may not want to do housework.

## Lots of men and women get Schizophrenia



The people who get  
schizophrenia are usually 18 to  
30 years old



There are lots of reasons  
people develop schizophrenia.  
Everyone is different.

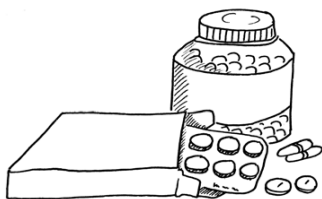
## How can I feel better?



People with schizophrenia can get better.



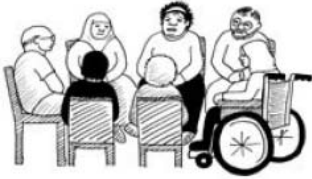
You will be seen by a doctor and a team of professionals who will decide how they can help you.



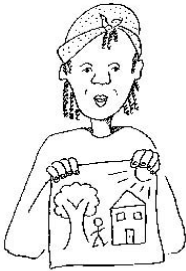
You may be able to take tablets to help your problems. Your doctor will help you decide which tablet is the right for one for you.



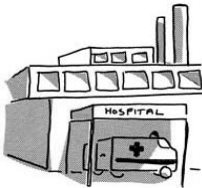
**You can talk to someone on your own or with your family.**



**You can talk to someone about your problems.**



**Lots of people with schizophrenia find art helps them. Some people find painting or playing music helps them.**



**If you are feeling very unwell and want to go to somewhere safe, you may need to go into hospital for a while.**



With thanks to the South West London and St George's  
Mental Health NHS Trust for developing and sharing this leaflet.

Images courtesy of CHANGE Picture Bank.

## Patient Advice and Liaison Service (PALS)

NSFT PALS provides confidential advice, information and support, helping you to answer any questions you have about our services or about any health matters.



If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact PALS and we will do our best to help.

Email: [PALS@nsft.nhs.uk](mailto:PALS@nsft.nhs.uk)  
or call PALS Freephone: 0800 279 7257

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