

Resources for Schizophrenia

Learn more about schizophrenia from these online resources:

- [Mayo Clinic](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [National Institute of Mental Health \(NIMH\)](#)
- [U.S. National Library of Medicine](#)

What can you do if you believe you or someone you know has schizophrenia?

Schizophrenia is a chronic, lifelong condition that requires continuous professional treatment. Medication is the most common form of treatment. It appears that early intervention may improve long-term outcomes for those with schizophrenia.

Use the locators listed below to find a behavioral health professional:

- [American Psychological Association \(APA\) Locator](#)
- [HelpPro Therapist Locator](#)
- [Tips for family members of those with schizophrenia](#)

Emergency situations: If you are experiencing a crisis please call 911 or one of the numbers listed below, or go to the emergency department at the nearest hospital.

National:

National Suicide Prevention Lifeline..... 800-273-8255
National Hopeline Network
.....800-784-2433

Local:

Philadelphia Suicide and Crisis Intervention Hotline
.....215-686-4420
Chester County Crisis Intervention Service
.....877-918-2100
Delaware Co. Emergency Psychiatric Crisis Service
.....610- 447-7600
Montgomery County Crisis Hotline.....610-279-6100
Contact Greater Philadelphia
.....888-855-5525

Schizophrenia defined:

Schizophrenia is a severe mental disorder, characterized by delusions, hallucinations, disorganized speech and behavior, and other symptoms that cause social or occupational dysfunction, according to American Psychiatric Publishing. Individuals must exhibit at least two of these symptoms. Contrary to some popular belief, schizophrenia is not split or multiple personality disorder. Schizophrenia usually develops between the age of 16 and 30. According to the Centers for Disease Control, between 0.5% and 1% of the adult population has schizophrenia. Some warning signs of an individual who may develop schizophrenia are individuals that isolate themselves from family and friends, have bizarre thoughts or make odd statements, have increased paranoia, seem to be emotionless, and increased reliance on drugs or alcohol.

Disorder types:

- Paranoid
- Disorganized
- Catatonic
- Undifferentiated
- Residual