

**It's Not What You Think! Every Manitoban is encouraged to open their mind to a greater understanding and respect for those living with schizophrenia and psychosis and their families.**

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Terry Broza and Tammy Lambert live with schizophrenia but both have positive mental health and are active volunteers in their Manitoba communities. "People with mental illness can live beyond the limitations of the illness, but it takes the support of a caring community," they state. "Unfortunately many people need to change their minds about how they view people with schizophrenia, especially the myths and misconception."

While the week of May 7-13 is Mental Health Week, May 24 is Schizophrenia and Psychosis Awareness Day. The Manitoba Schizophrenia Society wants the public to know that schizophrenia is not what you think it is! Schizophrenia is not the same as being psychopathic. It's not the result of bad parenting or a weak personality. Schizophrenia is not the same as multiple personality disorder. Schizophrenia does not automatically lead to violence. Schizophrenia is not hopeless. In many cases it is not even forever. Treatment for schizophrenia and recovery is not just about medication.

"Schizophrenia is often far from what people think it is," says Chris Summerville, Executive Director of the Manitoba Schizophrenia Society. "People with schizophrenia and psychosis can lead a quality of life with the appropriate medication options, therapy and community mental health supports and services. Unfortunately, individuals with schizophrenia and their families often say that living with the social prejudice that results from public misconception is worse than the illness itself."

The Manitoba Schizophrenia Society exists to transform the way society thinks about, acts towards and supports those living with schizophrenia and psychosis in Manitoba. For more information visit [www.mss.mb.ca](http://www.mss.mb.ca) People are asked to wear purple on May 24 to show their support and care for those living with schizophrenia and psychosis.

**Manitoba Schizophrenia Society** is a registered provincial charitable organization that is a consumer focused, family sensitive mental health self help organization. We are dedicated to the improvement of quality of life for all those who are personally impacted by schizophrenia and psychosis. We promote recovery through engagement, education, peer support and advocacy by working in partnership with consumers, families and service providers.

For an interview with Tammy or Terry contact Chris Summerville at 786-1616.