

# What comes to mind when you hear the word schizophrenia?

**One in 100 people will develop some form of schizophrenia in their lifetime.**

**Together we can overcome the stigma and discrimination associated with schizophrenia.**

**You may also contact any of our other branch offices listed below:**

- Steinbach 1-204-371-0824
- Brandon 1-204-728-5811
- The Pas 1-204-623-3387
- Flin Flon 1-204-623-3387
- Thompson 1-204-677-6056
- Dauphin 1-204-648-6833
- Selkirk 1-204-485-1253
- Winkler 1-204-362-3027

**MANITOBA SCHIZOPHRENIA SOCIETY**  
100 - 4 Fort Street, Winnipeg, Manitoba R3C 1C4  
Phone: 1 (204) 786-1616 Fax: 1 (204) 783-4898  
Toll Free: 1-800-263-5545 Email: info@mss.mb.ca

## Is recovery possible? **YES IT IS!**

**Like any other illness schizophrenia can be treated.** We've come a long way in our understanding of mental illnesses. People with schizophrenia can have a future with hope, through timely intervention, adequate treatment, psychosocial rehabilitation, psychological services, family education, community support and recovery-oriented services. We provide the following services: one-on-one consultation, peer support groups for people with schizophrenia and their families, Hearing Voices Simulated Workshop, Strengthening Families Together Workshop, and Eight Stages

Of Healing Workshop, Name That Feeling (for children), and presentations on schizophrenia, psychosis, suicide, recovery and mental health (for schools and educational centers, civic and faith groups).

**The more we know about it, the more we can help.** Active involvement and education of people with mental illness and their families and other caregivers have proven to be immensely beneficial in preventing relapse. In networking with other in a similar situation, family members can utilize their experience to enable the provision of better community supports and services.

**MANITOBA SCHIZOPHRENIA SOCIETY**  
"A consumer focused, family sensitive mental health self-help organization dedicated to the improvement of quality of life for those affected by schizophrenia and psychosis through education, peer support, one-on-one consultation, public policy and advocacy."

**At MSS-sponsored programs you will learn what schizophrenia is, how it is treated and how recovery is possible. You will also meet others with similar experiences. All MSS programs are FREE OF CHARGE.**



### **What is schizophrenia?**

Schizophrenia is a complex biochemical brain illness, with no known cause. It affects each person differently and can follow a varying course over time.

### **What are the symptoms?**

A person may experience a variety of the following symptoms:

- **Hallucinations** (hearing, seeing, smelling, feeling or tasting things that are not really there).
- **Delusions** (clinging to steadfast, bizarre beliefs that have no basis in reality).
- **Thought Disorder** (disorganized and fragmented thinking leading to Incoherent and illogical thinking and speech).
- **Flatness of Affect** (inability to express appropriate emotions).
- **Bizarre Behavior** (out of character, abnormal behaviour patterns).
- **Social Withdrawal** (isolation and reclusiveness).
- **Cognitive Deficits** (memory loss, difficulty in concentrating, planning and decision making).
- **Functional Deterioration** (loss of skills).



**A REASON TO HOPE. THE MEANS TO COPE.**  
MANITOBA SCHIZOPHRENIA SOCIETY  
SOCIÉTÉ MANITOBAINE DE LA SCHIZOPHÉNIE  
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAÏDE.

