

TIPS FOR SUPPORTING A LOVED ONE LIVING WITH SCHIZOPHRENIA

Created by Allen Lipscomb, Yolo Akili Robinson, and Leroy Mitchell

1

ASSESS FOR THEIR SAFETY (MAKE SURE THEY ARE NOT GOING TO PUT THEMSELVES IN HARM'S WAY OR BE HARMED BY SOMEONE ELSE).

2

NEVER CHALLENGE A HALLUCINATION (ASK- WHAT ARE YOU SEEING? BE CURIOUS, BUT DON'T QUESTION OR ENGAGE THE HALLUCINATION.).

3

DO NOT REFER TO THEIR HALLUCINATIONS OR DELUSIONS AS DEMONS. (THIS IS HARMFUL AND SHAMING FOR FOLKS LIVING WITH SCHIZOPHRENIA).

4

BE MINDFUL OF STIGMATIZING LANGUAGE AND ASSUMPTIONS (SCHIZO, CRAZY CAN BE TRIGGERS).

5

BE MINDFUL OF LANGUAGE USED TO DISCUSS MEDICATION CONSULT PROFESSIONALS AS MUCH AS POSSIBLE.

6

DO RESEARCH ON MEDICATIONS, SIDE EFFECTS AND THE EXPERIENCES OF BLACK PEOPLE WITH THE MEDICATIONS.

7

CREATE A COMMUNITY OF SUPPORT, YOU CAN'T DO IT ALL ALONE. (FIND THOSE WHO ARE PATIENT, THOSE WHO ARE SENSITIVE TO PERSONS NEEDS, AND THOSE WHO ARE AVAILABLE).

8

MAKE SURE YOU ARE CENTERING YOUR OWN MENTAL HEALTH AND WELLNESS SUPPORT. CREATE A CARE PLAN FOR YOURSELF AS WELL AND KNOW YOUR LIMITATIONS.

