Schizophrenia

Schizophrenia is a mental illness that can be complex, disabling, and long-term. How severe this illness is varies from person to person.

Causes of Schizophrenia
The exact cause is not yet known though genetics and the environment may play a role. Schizophrenia can **also** be triggered by highly stressful events or substance use.

Symptoms
Symptoms can vary by person. Common symptoms of Schizophrenia may include:

- Thoughts that do not seem to relate to one another.
- Bizarre or unusual behavior.
- Tense or suspicious feelings that people are out to harm you.
- Decreased concentration.
- Hearing or seeing things that others do not.
- Being out of touch with reality, or not able to tell what is real from unreal.
- Delusions (beliefs that are not fully based in reality).
- Emotions seem to be absent or might seem to be the wrong ones for the situation.
- Isolation, social withdrawal, intense fear.
- Odd speech habits such as talking to self in public, disorganized speech.
- Decrease in energy or drive.
- Odd sleep patterns.

Treatment
There are many ways to treat schizophrenia. Treatment is often long term and may include:

- Medicines
- Local support programs
- Career help
- Counseling
- Skills training
- Medical and psychiatric follow-up
- Hospital stays
- Crisis services

Cure
At this time, there is no cure for the illness. With the right treatment, many people with Schizophrenia do lead happy, healthy lives. We are still learning about the causes and cures for schizophrenia.

Who to Call
National Alliance on Mental Illness,
Dane Co.
NAMI Dane County
2059 Atwood Avenue
(608) 249-7188
www.namidanecounty.org

If in acute crisis, please call:
Journey Mental Health.
625 W. West Washington Avenue
Madison WI 53703
(608) 280-2600

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 3/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4386