



THE SUNSHINE SERIES
MIND WELLNESS
Healthy mind. Healthy You



BUSTING THE MYTHS ABOUT **SCHIZOPHRENIA**

MYTH 1: People with schizophrenia have a split personality

This is perhaps a misconception because the word schizophrenia originates from the Greek word 'split mind'. In reality, schizophrenia may affect the way a person thinks but it does not mean they have multiple personalities.

MYTH 2: People with schizophrenia are dangerous and violent

This misconception is mostly a result of how movies, literature, and other forms of media have depicted schizophrenia. Anyone can be dangerous in this life and it's no different for people with schizophrenia who are really struggling. It does not mean everyone with schizophrenia is dangerous.

MYTH 3: Schizophrenia only involves hallucinations

Yes, delusions and hallucinations are symptoms associated with schizophrenia, they are not the only symptoms associated with the mental illness. Other symptoms include hearing disembodied voices, smelling nonexistent odors, feeling sensations on the skin, disorganized speech, dulled emotions, inability to express emotions and lack of desire to form social relationships.

MYTH 4: Schizophrenia is hereditary

Although schizophrenia runs families, it doesn't mean you may have the mental illness because your family member does. Schizophrenia can also be a result of environment, brain chemistry, and substance abuse.



If you need to talk to someone about a mental illness or are currently having a difficult time dealing with a mental health crisis in your life, DIAL 112 TODAY TO SPEAK TO A COUNSELOR FOR FREE.

FOR FCT RESIDENTS ONLY