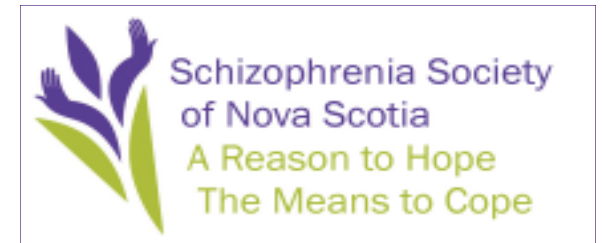
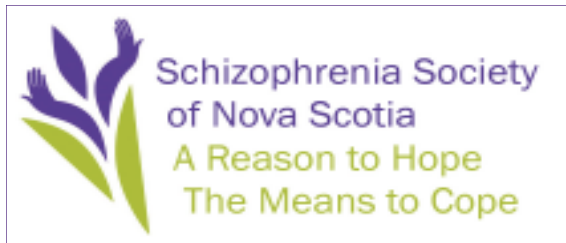


Facts about Schizophrenia and Psychosis

- Psychosis is an umbrella term for a variety of mental disorders that impair thought and emotions which results in a loss of contact with reality
- Schizophrenia is a brain disease
- Early detection and treatment improve recovery outcomes
- Typical onset of symptoms is between ages 15 and 25
- A lack of insight into one's illness, 'anosognosia', is a symptom of illness
- Schizophrenia is caused by a variety of factors including: genetics, stress, trauma
- Drug abuse can trigger psychosis
- Schizophrenia is treatable

We Are Stronger Together

Please call if you have questions.



Tips

- Educate yourself about the illness
- Build a support system
- Take care of yourself
- Remember to

Expect Recovery

HRM Chapter

Education and Support for Family and Friends



For further information on the HRM Chapter of the SSNS:

Phone: (902) 462-8658

Email: hrmchapterssns@accesswave.ca

Address: HRM Chapter of the SSNS
PO Box 1004
Dartmouth, NS B2Y 3Z9

Our Mission Statement

The mission of the HRM Chapter of the Schizophrenia Society of Nova Scotia (SSNS) is to improve the quality of life for those affected by schizophrenia and psychosis by offering family education and support.

How We Can Help

It can be overwhelming when a loved one is diagnosed with a mental illness or you think there are mental health issues not being addressed. Our guest speakers provide the education you need to understand the illness, treatments, resources, and strategies to cope and promote recovery.

Many people find talking with others who have had similar experiences to be very beneficial. The HRM Chapter offers safe, supportive environments for you to discuss your concerns. It gives you an opportunity to learn from the experts—including each other.

About the HRM Chapter

The HRM Chapter of the SSNS was formed in December 2007 and operates with a board of directors. Monthly meetings are free and registration is not required. We are an informal group and welcome all who have a family member or friend living with schizophrenia or psychosis.

Family Education & Support

Time: 7:00 pm – 9:00 pm

Date: The second Monday of each month September to June, except during holidays, in which case the meeting will be held the third Monday

Location: Halifax Infirmary, Room 1243A
1796 Summer Street, Halifax

Format: First hour—Guest speaker
Second hour—Discussion

The first hour is available by webcast. For further information to join the meeting, please visit: www.ssns.ca and click on HRM Chapter.

Sample Topics

- Medications & their side effects
- Coping as a family
- Employment & training opportunities
- Housing & community supports
- Schizophrenia & cognition
- Current research on schizophrenia & psychosis

Other Available Programs



A 10-week peer education and support program for individuals living with mental illness.



From Recovery to Discovery

A weekly support group open to anyone affected by mental illness, either directly or indirectly.

For further information on the above programs please contact the SSNS office:

Phone: (902) 465-2601

Email: stephenayer@bellaliant.com



Addictions and Mental Health Program

Capital Health

Families Matter In Mental Health

An 11-week education & support program for family members and friends of loved ones living with a mental illness.

For further information please contact Healthy Minds Cooperative.

Phone: (902) 404-3504

Email: healthyminds@eastlink.ca