

Schizophrenia Resources



COMMUNITY RESOURCES and SUPPORT GROUPS

Schizophrenics Anonymous

This is an ongoing support group for people with schizophrenia and schizophrenia-related illness. It is similar to twelve-step groups like A.A. in format, but has been tailored specifically for mental illness. It is organized and facilitated by people who have schizophrenia. It advocates working with the person's treatment team and taking medications for the illness. For more information on this group, see the website of the National Schizophrenia Foundation at www.NSFoundation.org. For information on where and when the meetings occur in Columbus, contact Mental Health America of Franklin County at (614) 221-1441 or visit their website at www.mhafc.org and click on support groups.

Families In Touch

This is an ongoing support group for family members and friends of adults with a mental illness. It is sponsored by Mental Health America of Franklin County. It is not specific to schizophrenia, but covers all diagnoses. For information and meeting times and locations, call Mental Health America of Franklin County at (614) 221-1441 or visit their website at www.mhafc.org.

Mental Health America of Franklin County

MHAFC provides information and referral to community mental health services. They are one of 340 local affiliates of the National Mental Health America. They are the local sponsor for Schizophrenics Anonymous. They provide advocacy and education about mental health and mental illness. The Ombudsman for the Franklin County system works for MHAFC. His job is to help consumers and family members who are having problems. He can be reached at (614) 242-4357. MHAFC also provides support groups for families and people with mental illness, media outreach, and parenting newsletters. For more information, see their website at www.mhafc.org, or call them at (614) 221-1441.

Suicide Prevention Hotline (phones answered 24-hours a day): **(614) 221-5445**

NAMI Franklin County (National Alliance on Mental Illness)

This is the local affiliate of NAMI. It is active in education, support and advocacy for persons with severe mental illness and their families. In addition to monthly meetings, it offers a FREE 12-week class "Family-to-Family" for family members who have a loved one with a mental illness, and also "Hand-to-Hand," an 8-week class for families who have children with a mental illness. These classes cover mental illnesses in detail explaining symptoms, causes, treatment as well as self-help and are designed for caregivers of someone who has a mental illness. For the most current information on these courses, call (614) 262-0114.

INTERNET WEBSITES

www.schizophrenia.com - This is an excellent comprehensive website. It has an extensive amount of information about the illness as well as support for people dealing with the illness. In addition this website offers chat rooms and discussion areas for people who want to talk to others about this illness.

www.mhafc.org - This is the website of Mental Health America of Franklin County. It provides information on mental health and resources for Franklin County. It also provides advocacy information on issues affecting Ohio. It has a comprehensive list of fact sheets available on all diagnoses.

www.mentalhealthamerica.net - This is the national website for Mental Health America. It provides very useful information on mental illnesses, advocacy, latest research on depression and a lot more.

www.nami.org - This is the national website of NAMI, with general information on mental illness, advocacy and research.

www.namifc.org - This is the website of NAMI Franklin County. It provides information on mental illnesses, FREE education classes and support for family members and FREE monthly meetings, plus a whole lot more.

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www.ohiopsych.org - This is the website for the Ohio Psychiatric Association. It provides information for Ohio's psychiatric physicians and their patients on issues related to mental illness.

www.healthyminds.org - This is the American Psychiatric Association's consumer-oriented website that seeks to inform and educate the public about mental health treatment and resources.

MAGAZINES

Schizophrenia Digest

This is an excellent magazine for people who have schizophrenia and their family members. It comes out four times a year. It covers topics ranging from new research on the illness to personal accounts of living with schizophrenia. It provides hope and success stories for people dealing with this illness. For more information, visit their website at www.schizophreniadigest.com or subscribe by phone. Their phone number is 1-888-834-5537.

BOOKS

Surviving Schizophrenia: A Manual For Families, Consumers, and Providers (5th Edition)

Written by E. Fuller Torrey, M.D.

This is a book we highly recommend for every family affected by schizophrenia. Dr. Torrey is a leader in the schizophrenia research field, and has a sister with schizophrenia. This book draws on his extensive personal, clinical and research experience. The 5th Edition provides many updates based on new research.

Diagnosis: Schizophrenia

Edited by Rachel Miller and Susan Elizabeth Mason

This book recounts the journeys of 35 young people who have been diagnosed with schizophrenia. The book is designed for those who wish to understand how it feels to have the disease, including the patients themselves, family members, students and anyone with an interest in how people sustain hope through a debilitating illness. The book is unique because people who have schizophrenia provided their personal stories and helped to design and edit much of the book. A panel of experts – including psychiatrists, psychologists, nurses, social workers and psychiatric rehabilitation workers – contributed to and reviewed the manuscript to ensure that the content is accurate and up-to-date.

I Am Not Sick, I Don't Need Help! – Helping The Seriously Mentally Ill Accept Treatment

Written by Xavier Amador with Anna-Lisa Johanson

This book helps you learn what the latest research says about why so many do not believe they are ill, why they refuse treatment, and how you can help. A good book for people to read if they have a family member or friend who does not understand that they have schizophrenia and don't think they need help. It is written for families and therapists, and also is available in Spanish (*No Estoy Enfermo! No Necesito Ayuda!* By Xavier Amador with Anna-Lisa Johanson)

8/2007

This resource sheet was developed for educational purposes and is not meant to serve as an endorsement. Information may be subject to change.

Educating Patients on Mental Illnesses and Community Services

A Joint Educational Collaboration Between



www.ohiopsych.org

www.mhafc.org

www.namifc.org