A PAUSE, A PRACTICE, A NEXT STEP

Schizoaffective Disorder

When changes in mood and changes in what feels real happen together.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Make a short timeline

Pick two dates you remember. Beside each one, note how you slept, how your mood felt, and any unusual experiences. An estimate is fine.

01 / Notice and reflect

What change did I notice first, and about when?

02 / Notice and reflect

What would help me talk about it at a visit?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact a healthcare professional promptly about new voices, unusual beliefs, or a big change in mood or sleep. If you feel unable to keep yourself or someone else safe, get emergency help now.

Read more: MedlinePlus · Schizoaffective disorder

More tools and immediate support: Our Healing Room / Crisis Support.