A PAUSE, A PRACTICE, A NEXT STEP

Schizophrenia

Get help early when experiences feel hard to make sense of.

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.

What changed?

Note when the experience began and how it affects sleep, conversation, or daily tasks.

01 / Notice and reflect

What changed?

02 / Notice and reflect

Who can help you get assessed?

03 / One next step

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

When to seek help: Seek prompt care for new voices, unusual beliefs, or confusing changes in thinking. Get emergency help if someone is in immediate danger.

Read more: National Institute of Mental Health · Schizophrenia

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

U.S. crisis support: call or text 988. In immediate danger, call 911.