



A REASON TO HOPE. THE MEANS TO COPE.  
 THE SCHIZOPHRENIA SOCIETY OF ONTARIO  
 SOCIÉTÉ ONTARIENNE DE LA SCHIZOPHRÉNIE  
 UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

## THE SCHIZOPHRENIA SOCIETY OF ONTARIO

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### Available Resources

Resources

Quantity	Item
	<b>Schizophrenia: Facts For Families (Brochure Kit)</b> This package was developed to support families and friends of people with schizophrenia. Included in the package are eight brochures: Understanding symptoms: what you can do; The early stages: signs and symptoms; Coping as a family; What to do in a crisis; Treatment & medication; You and the treatment team; Myths & misunderstanding: dealing with stigma; Advocacy: working for change.
	<b>Schizophrenia: Get the Facts (Brochure-French &amp; English)</b> This brochure covers the facts about schizophrenia: What is schizophrenia? How does someone know if he/she has schizophrenia? Who gets schizophrenia? What are the symptoms of schizophrenia? Can it be treated? Is there a cure for schizophrenia? What's it like to live with schizophrenia? Where can we go for help?
	<b>Families as Partners in Care: (Brochure)</b> This brochure helps families understand that they are an integral part of their family member's care and recovery. The brochure describes a family-centred approach to treatment and recovery covering topics such as: Information and Respect; Family Involvement; Quality, Coordinated Health Services; What to do if the Family's Expectations are Not Being Met.
	<b>Psychosis: Getting Help Early (Brochure)</b> This brochure focuses on early intervention-or getting diagnosed and treated when the symptoms start. The key to early intervention is being able to identify the symptoms when they begin and this brochure covers topics such as: What is Psychosis? What are the early warning signs of psychosis? What Causes Psychosis? How can Early Intervention Help? What Hinders Early Intervention? Where Can I Get Help?
	<b>Signs &amp; Symptoms (Posters)</b> A set of three posters has been developed to help explain some of the signs and symptoms of psychosis.
	<b>Schizophrenia is Treatable (bookmark)</b> This bookmark describes common symptoms of psychosis, the prevalence of the illness and contact information for the SSO.

## ducational Resources

Quantity	Item
	Reaching Out: The Importance of Early Treatment (Teacher's Manual with Video-French & English) This manual was developed by the Schizophrenia Society of Canada and is distributed by the Schizophrenia Society of Ontario. Resources included are: 20-minute video featuring a short drama and five people with schizophrenia talking about their experience with the illness; Information for teachers and students about schizophrenia; lesson plans for two periods; resources and suggestions to extend the learning. The manual and video can be downloaded at <a href="http://www.schizophrenia.ca/reachingout">www.schizophrenia.ca/reachingout</a> .
	Youth Awareness Workshop Tool Kit: (Available Spring 2006) This Tool Kit has been developed to assist those interested in offering workshops to youth about mental illness, specifically psychosis and schizophrenia in their community. The tool kit includes interactive activities and exercises, overheads and a resource guide that can be adapted to include local mental health resources. The tool kit can be adapted by the user to offer topic specific workshops as well as time limited workshops (1 hour to full day).

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