

Schizophrenia:

Improving Mental Health

Schizophrenia is a complex mental illness. With a diverse collection of symptoms, it can be difficult for family, friends, and caregivers to understand. Often presenting in early adulthood, it can take a great toll on the health and wellness of individuals and families affected – but can be managed with comprehensive, adaptive treatment.

According to Dr. Ruth Baruch of the Department of Clinical Psychology at the University of Toronto,

Early diagnosis and effective treatment of schizophrenia leads to the best outcomes.



Dr. Ruth Baruch
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Modern advancements in the understanding and treatment of schizophrenia are presenting medications that promote compliance, and options are available that can adapt to the lifestyles of those who need help most.

Establishing a high quality of life for those affected is the goal. Like many other conditions, a stable support network – family, friends, doctors, and other medical professionals - plays a significant role in achieving positive outcomes.

Patients living with schizophrenia can maintain relationships, have meaningful careers, and otherwise enjoy everything life has to offer.

For general information on schizophrenia, and how individuals and families are overcoming adversity, visit these websites:

www.HealthandFamily.ca/MentalHealth | www.Schizophrenia.ca



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