

'You can't possibly know what it means to doubt everything. To walk into a room full of people and pretend that it's empty because you're not actually sure if it is or not. To never feel completely alone even when you are.' -**Julia Walton**

What is Schizophrenia?

It is a mental disorder that affects the way you think, feel, and react, making a person unsure of their surroundings, whether the object (or person) they're seeing is real or just in their head.

About **1%** of people in the world experience this disorder.

Early Signs and Symptoms:

- Hallucinations
- Delusions
- Disorganised Thinking
- Trouble Focusing
- Memory Problems

Treatment:

Although it cannot be cured permanently, some medications can help reduce the symptoms.

With support and counselling, people suffering from this disorder can lead *nearly* normal lives.

Why educate ourselves:

We frequently make quick judgement about others without fully observing their conditions and inner experiences.

Let's be a little kinder to others today.
