

# Schizophrenia Resources

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## INTERNET WEBSITES

[www.schizophrenia.com](http://www.schizophrenia.com) - This is an excellent comprehensive website. It has an extensive amount of information about the illness as well as support for people dealing with the illness. In addition this website offers chat rooms and discussion areas for people who want to talk to others about this illness.

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) - This is the national website for Mental Health America. It provides very useful information on mental illnesses, advocacy, latest research on depression and a lot more.

[www.nami.org](http://www.nami.org) - This is the national website of NAMI, with general information on mental illness, advocacy and research.

[www.ohiopsych.org](http://www.ohiopsych.org) - This is the website for the Ohio Psychiatric Physicians Association. It provides information for Ohio's psychiatric physicians and their patients on issues related to mental illness.

[www.healthyminds.org](http://www.healthyminds.org) - This is the American Psychiatric Association's consumer-oriented website that seeks to inform and educate the public about mental health treatment and resources.

## MAGAZINES

### **Schizophrenia Digest**

This is an excellent magazine for people who have schizophrenia and their family members. It comes out four times a year. It covers topics ranging from new research on the illness to personal accounts of living with schizophrenia. It provides hope and success stories for people dealing with this illness. For more information, visit their website at [www.schizophreniadigest.com](http://www.schizophreniadigest.com) or subscribe by phone. Their phone number is 1-888-834-5537.

## BOOKS

### ***Surviving Schizophrenia: A Manual For Families, Consumers, and Providers (5<sup>th</sup> Edition)***

Written by E. Fuller Torrey, M.D.

This is a book we highly recommend for every family affected by schizophrenia. Dr. Torrey is a leader in the schizophrenia research field, and has a sister with schizophrenia. This book draws on his extensive personal, clinical and research experience. The 5<sup>th</sup> Edition provides many updates based on new research.

### ***Diagnosis: Schizophrenia***

Edited by Rachel Miller and Susan Elizabeth Mason

This book recounts the journeys of 35 young people who have been diagnosed with schizophrenia. The book is designed for those who wish to understand how it feels to have the disease, including the patients themselves, family members, students and anyone with an interest in how people sustain hope through a debilitating illness. The book is unique because people who have schizophrenia provided their personal stories and helped to design and edit much of the book. A panel of experts – including psychiatrists, psychologists, nurses, social workers and psychiatric rehabilitation workers – contributed to and reviewed the manuscript to ensure that the content is accurate and up-to-date.

### ***I Am Not Sick, I Don't Need Help! – Helping The Seriously Mentally Ill Accept Treatment***

Written by Xavier Amador with Anna-Lisa Johanson

This book helps you learn what the latest research says about why so many do not believe they are ill, why they refuse treatment, and how you can help. A good book for people to read if they have a family member or friend who does not understand that they have schizophrenia and don't think they need help.

It is written for families and therapists, and also is available in Spanish (*No Estoy Enfermo! No Necesito Ayuda!* By Xavier Amador with Anna-Lisa Johanson).

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This resource sheet was developed for educational purposes and is not meant to serve as an endorsement. Information may be subject to change.

*Educating Patients on Mental Illnesses and Community Services*

*A Joint Educational Collaboration Between*



[www.ohiopsych.org](http://www.ohiopsych.org)



[www.mhafc.org](http://www.mhafc.org)



[www.namifranklincounty.org](http://www.namifranklincounty.org)