| **Schizophrenia Society of Canada****(SSC) since 1979****Serving more than just****Schizophrenia!****Vision**To improve the quality of life and to promote a dignified, non-discriminatory quality of life for those affected by mental illness and addiction; using education and support programs.The Schizophrenia Society of New Brunswick- (SSNB) is a non-profit community-based organization that was first developed in 1986 as a family support group under the name “Family and Friends” and joined SSC in 1994.SSNB was incorporated in 1993 |  | **SSNB PROGRAMS & SERVICES*****Care-Giver Support Group*** is an informal on-going support group available to the families and primary caregivers of those affected with a long-term mental illness or addiction. ***Strengthening Families Together*** is a 6-10 session family education course for families/caregivers and friends of those coping with mental illness/addiction.***J. Dean McAllister Memorial Bursary*** is awarded annually to a high school graduate pursuing a career in one of the selected social sciences. Applications must be received prior to May 25.***ACHIEVES*** ***literacy and Numeracy*** is an educational program specifically tailored for persons who have experienced a mental health/addiction disorder and are now coping well enough to try a new challenge through learning skills or upgrading skills lost through trauma.***ACHIEVES Employment Skills*** is a valuable tool in teaching employment skills to those recovering from a mental illness/addiction. Our mission is to provide support and training in the participants journey to gaining meaningful employment and achieving self-sufficiency.***Your Recovery Journey*** is a valuable resource for those affected by metal illness who are looking for helpful tools to assist them in their recovery. Recovery is a practical concept it works in real life, with real people… (Michael Kirby Chair Mental Health Commission of Canada) | SchizophreniaRelated imageA Reason to HopeThe Means to Cope!Schizophrenia Society of New BrunswickTel: (506) 622-1595Email: ssnbmiramichi@gmail.com |
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| Common Symptoms of SchizophreniaSchizophrenia involves a range of problems with thinking (cognition), behavior or emotions. Signs and symptoms may vary, but usually involve delusions, hallucinations or disorganized speech, and reflect an impaired ability to function. Symptoms may include:* Delusions.
* Hallucinations.
* Disorganized thinking (speech).
* Extremely disorganized or abnormal motor behavior.
* Negative symptoms.  socially withdraw or lack the ability to experience pleasure.

Suicidal Thoughts | **Types of schizophrenia**In the past, there were different subtypes of schizophrenia, including:* [paranoid schizophrenia](https://www.medicalnewstoday.com/articles/192621.php)
* disorganized schizophrenia
* [catatonic schizophrenia](https://www.medicalnewstoday.com/articles/192263.php)
* [childhood schizophrenia](https://www.medicalnewstoday.com/articles/192104.php)
* [schizoaffective disorder](https://www.medicalnewstoday.com/articles/190678.php)

**In 2013 the Diagnostic and Statistical Manual of Mental Disorders 5th edition (DSM-V) changed the method of classification to bring all these categories under a single heading: schizophrenia.****Causes of Schizophrenia**Although the precise cause of schizophrenia isn't known, certain factors seem to increase the risk of developing or triggering schizophrenia, including:* Having a family history of schizophrenia
* Increased immune system activation, such as from inflammation or autoimmune diseases
* Older age of the father
* Some pregnancy and birth complications, such as malnutrition or exposure to toxins or viruses that may impact brain development
* Taking mind-altering (psychoactive or psychotropic) drugs during teen years and young adulthood
 | Did you know?Yes, schizophrenia is a [mental health](https://www.self.com/health-conditions/mental-health) disorder that can cause symptoms such as delusions, but there’s more to it than that.Experts aren’t totally sure what causes schizophrenia, but it’s thought to be a combination of factors such as genes and brain chemistry.Men are more likely to develop schizophrenia than women.People with schizophrenia are not inherently violent or criminals, no matter what you’ve heard.Schizophrenia is not the same thing as bipolar disorder or dissociative identity disorder.People who have schizophrenia may be at a higher risk of other health issues, including premature death.There’s no definitive diagnostic test for schizophrenia, so doctors will typically take a multi-pronged approach.There’s not yet a cure for schizophrenia, but the available treatments make it possible to manage the condition.Individuals with schizophrenia still face stigma surrounding their mental illness, and it’s on all of us not to add to it. |
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