



Schizophrenia

Amerigroup Washington, Inc. has a care program for schizophrenia. This program will help you know and manage your disease. We can assist you to set health goals and create a care plan that fits your way of life. You do not have to join the program. You are signed up as a member of Amerigroup.

Living with schizophrenia

Schizophrenia is a disorder of the brain. It gets in the way of daily life. We want you to know you can take control.

If you like, we will keep your doctor up to date. We will share your condition and the services we provide you. Your case manager can help you learn how to better handle your schizophrenia.

Things to know:

- Doctors do not know the causes of schizophrenia
- The first signs may show up between the late teens and early thirties
- Here are some common symptoms you may have:
 1. Hearing or seeing things that aren't there
 2. Thinking other people can read your mind or control your thoughts
 3. Believing others want to hurt you
 4. Not knowing what is real or not real
 5. Finding it hard to take care of yourself
- We can give you more information to help you manage your schizophrenia

How is schizophrenia treated?

There are many treatments that can help manage schizophrenia and reduce symptoms. They often include medications and some type of life skills or psychosocial therapy. Medicines can greatly improve the lives of many people with the disorder. They can help decrease the symptoms so you are:

- Able to work
- Do everyday things
- Get along better with family and friends
- Able to know what is real and not real
- Able to take better care of yourself

Psychosocial treatments are another way of treating schizophrenia. You should first be stable on your medicines for this treatment to work best. These treatments can help you deal with common symptoms of the disorder. Psychosocial treatments include:

- **Rehabilitation** - These programs use social and work training to help you function better. Rehabilitation programs also include work counseling and money management. They show how to talk to people such as employers.
- **Family education** - Family is often very involved in supporting a relative who has schizophrenia. It is vital that family members know as much as possible about the disorder. This helps them watch for warning signs to help prevent episodes. They also can help and assist you in taking your medicines right.
- **Behavioral therapy** - The therapist can teach you how to test if what you are thinking is real or not real. You can learn not to listen to your voices. You may also learn coping skills to help you manage your daily activities.
- **Supportive therapy** - A good relationship with a therapist or case manager can help you adjust to your illness. They can help with proper use of medicines.

How to take your schizophrenia medicines:

- If you are taking schizophrenia medicine, do not drive until you know how your medicine make you feel.
- Some common side effects are: restlessness, weight gain, muscle spasms and changes in your heart rate. You may have other side effects.
- People don't respond the same way to the same medicines. Talk to your doctor before taking new medicines. These include ones that don't need a prescription.
- Talk to your doctor about any concerns you have about your medicines. Your doctor can help find medicines that have the fewest side effects and will work for you.
- Your medicines only work if taken daily as ordered by a doctor. It is vital to take your medicines even when you feel better. Always follow your doctor's advice about the amount of medicines to take and how often to take them.
- Talk with your doctor before stopping any medicine.
- We can help you know how to take your medicine the right way.
- We can help you learn how your medicine works.

Things you can do to help with your treatment:

- Keep your appointments with your doctor and other health care providers.
- Take your medications as prescribed.
- Set reachable goals for yourself.
- Expect treatment to improve symptoms slowly, not all at once.
- Spend time with other people so you're not on your own. Try to share what you are going through with a trusted friend or relative.
- Let others help you.

Support to help you manage your schizophrenia:

- We can help you talk to your family or caregiver about your schizophrenia
- We can help you find group programs and resources
- Tips to talk with your doctor and get the most out of your visit:
 1. Ask any questions you may have about your treatment. You can write them down and take them. Bring them with you to your visit.
 2. Follow your doctor's advice - if you have questions or concerns, let your doctor know.
 3. Make sure your doctor knows what medicines you take.

Important screenings:

- Depression
- Other health conditions
- Preventive care screenings such as wellness checkups, mammograms and Pap tests

If you feel like you want to hurt yourself

Get help right away! You can call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or TTY: 1-800-799-4TTY (4889) to talk to a trained counselor. Friends or family should call the treating psychiatrist or therapist or 911 if a person with schizophrenia talks about or tries suicide.

For more helpful information on treating your schizophrenia

- [The National Institute of Mental Health](#) at 1-866-615-6464 (TTY 1-866-415-8051)
- [Mental Health America](#) at 1-800-969-NMHA (6642)
- schizophrenia.com
- [National Alliance on Mental Illness \(NAMI\)](#)

If the enclosed information is not in your primary language, please call 1-800-600-4441(TDD/TTY only 711). We can translate this at no cost to you.

ENGLISH

Yog cov ntabw ntabwv xov xwm xa tuaj no tsis yog koj hom lus, thov hu xovtooj rau 1-800-600-4441 (TDD/TTY Cov neeg lag ntseg ces siv tus xovtooj no xwb 711) Peb tuajyeem txhais cov ntabw ntabwv no pub dawb rau koj.

HMONG

Afai o lenei faaaliga e le o alu atu i lau gagana masani, faamolemole vala'au mai i le telefoni: 1-800-600-4441 (Na'oto TTD/TTY 711) E mafai ona matou faaliliuina lenei mea e aunoa ma lou totogaiina

SAMOAN

Если прилагаемая информация не на вашем родном языке, позвоните, пожалуйста, по телефону 1-800-600-4441 (только TDD/TTY 711). Мы можем перевести вам это бесплатно.

RUSSIAN

Якщо прикладена інформація не на вашій рідній мові, подзвоніть, будь ласка, по телефону 1-800-600-4441 (тільки TDD/TTY 711) Ми можемо зробити для вас цей переклад безкоштовно.

UKRAINIAN

중국어 안내자료가 귀하의 모국어로 준비되어 있지 않으면 1-800-600-4441 (TDD/TTY 711)로 연락하십시오. 무료로 이 번역을 해드릴 수 있습니다.

KOREAN

Dacă informațiile alăturate nu sunt în limba dumneavoastră natală vă rugăm să sunați la 1-800-600-4441 (numai pentru TDD/TTY 711). Vă putem traduce aceasta fără să vă coste nimic.

ROMANIAN

ይህ የምስልክ ለቅጣት መረጃ በቋንቋዎ ካልሆነ፣ እባክዎን በስልክ ቁጥር 1-800-600-4441 (TDD/TTY ብቻ 711) ይደውሉ ያለ ምንም ወጪ ይህን ልንተረጎምልዎ እንችላለን።

AMHARIC

እዚ ንስደልኩም ዘለና ሓበሬታ ብቋንቋኩም ምስ ዘይከውን ብክብረትኩም ብስልኪ ቁጥር 1-800-600-4441 (TDD/TTY ጥራሕ 711) ደውሉ እዚ ብዘይ ምንም ዋጋ ክንትርጎምልኩም ንክእል ኢና።

TIGRIGNA

Si la información adjunta no está en su idioma primario, llame al 1-800-600-4441 (TDD/TTY solamente: 711). Podemos traducir esto sin costo para usted.

SPANISH

ຖ້າຂໍ້ມູນທີ່ໄດ້ເອົາຄັດຕົວມານາຊອງນີ້ບໍ່ແມ່ນພາສາແມ່ຂອງທ່ານ, ກະລຸນາໂທຫາ 1-800-600-4441 (ສໍາລັບການໂທດ້ວຍ TDD/TTY ແມ່ນ 711) ພວກເຮົາສາມາດແປອັນນີ້ໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ.

LAOTIAN

Nếu thông tin đính kèm không có ngôn ngữ của quý vị, xin gọi 1-800-600-4441(TDD/TTY dành riêng 711). Chúng tôi có thể dịch nội dung này miễn phí cho bạn.

VIETNAMESE

如果隨附的資料不是您的主要語言，請撥打電話 1-800-600-4441 (TDD/TTY 專線 711) 我們可免費為您翻譯。

CHINESE

បើសិនជាព័ត៌មានដែលបានភ្ជាប់មកនេះ មិនមែនជាភាសាដើមរបស់លោកអ្នកទេ សូមទូរសព្ទទៅកាន់លេខ 1-800-600-4441 (សំរាប់ DTT/TTY សូមទូរសព្ទទៅកាន់លេខ 711) យើងខ្ញុំអាចបកប្រែភាសានេះ ដោយមិនគិតថ្លៃពីលោកអ្នក។

CAMBODIAN

Kung ang nakalakip na impormasyon ay hindi sa inyong pangunahing wika, pakitawagan po ang 1-800-600-4441 (TDD/TTY lamang 711). Maaari namin itong isalin para sa inyo nang walang bayad.

TAGALOG

اگر اطلاعات ضمیمه به زبان شما نیست، با شماره 1-800-600-4441 تماس بگیرید ما می توانیم بدون هزینه این را برای شما ترجمه کنیم. (TDD/TTY شماره 711 فقط با شماره برای)

FARSI