USING THIS BOOK

- Feel free to skip around. You can read as much or as little as you like. If you have trouble concentrating, read very small sections, then stop. In time you will be able to read more easily.
- Encourage your family members and friends to read this book. It will help them to understand what you are going through.
- Chapters 1 through 15 contain several personal stories. They are real stories, but we are not using the real names of people, schools, or towns. If you are curious to find out how the people in these stories are doing, turn to chapter 15 at any time.
- There are several sections providing information about medication, social services, and rehabilitation services. You may use these sections as reference tools when you need specific information, but this book does not replace your doctor and therapist. It is simply another resource for you and your family.
- Some of the medical information is very technical. Do not get upset if you don’t understand it fully. It is very difficult. In fact, only people with many years of training can really comprehend the details, and even the experts don’t understand everything about how the brain or medicines work. Look for the brief, easier explanations of the more difficult material.
- If you have questions, write them down in the margins. Then you can get answers from your doctor, therapist, or even NAMI (National Association of the Mentally Ill).
- Remember, every one of the people whose stories you will read is rooting for you.

This book does not replace your doctor and therapist.
DIAGNOSIS: SCHIZOPHRENIA