



ogether Against Stigma Schizophrenia

presented by

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At age 18 I was diagnosed with schizophrenia and my first response was fear and a sense that my life was over.

The most significant impact in my life was how others responded to my diagnosis ...







The word "schizophrenia" sparked all kinds of reactions of how I was perceived ...



- Unpredictable
- Dangerous
- Need to be institutionalised
- Unable to have a conversation
- Unable to feel emotion
- Unable to think or make decisions
- Unable to achieve at anything





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Decision-making was suddenly taken away from me bit

by bit, I had no say over my own life ...

- I could no longer drive a vehicle
- I could no longer live on my own
- I could no longer work
- I could no longer manage my own finances
- I could not take part in my own treatment plan
- I could not go anywhere unaccompanied

Finally my independence was taken away from me





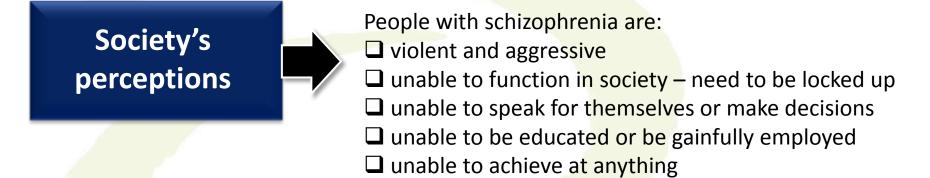
9 years later, I took my life back, went public and achieved beyond everyone's expectations ... yet the word "schizophrenia" still sparked reactions ...

- "You don't look like a person with schizophrenia"
- "You don't sound like a person with schizophrenia"
- "A person with schizophrenia can't achieve or do what you do"
- "Isn't schizophrenia someone who has a split personality ... someone who
 is a psychopath?"





The social experience ... Stigma, discrimination, ignorance



Incorrect and negative perceptions like these, prevents people living with schizophrenia from accessing life opportunities and fully enjoy their basic human rights

Negative attitudes like these often forces one to live by it.









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