

## Schizophrenia

Caring for someone with a chronic illness is challenging. When that illness is schizophrenia, the journey can feel complex and overwhelming. As a caregiver, your support is essential, but it is also vital to find resources for your own well-being. This guide provides helpful organizations and tools for families and people of all ages navigating these conditions.

### Helpful Resources for Caregivers of Patients With Schizophrenia



#### Peer & Family Support

Peer-led groups can provide a confidential space to share experiences, learn from others, and find support from those who directly understand your journey.

Schizophrenia & Psychosis  
Action Alliance (SPAA)

Confidential, peer-led national caregiver groups (multiple weekly time slots) plus a dedicated caregiver resource toolkit.

**Contact: (800) 493-2094**



National Alliance on Mental  
Illness (NAMI)

Free, peer-led family support groups and family-to-family education are available nationwide.



Mental Health America (MHA)

Practical tools for caregiver well-being (stress, burnout, coping) and navigation to mental health support.

**Contact: (703) 684-7722**



#### Youth & Early Psychosis Support

These organizations specialize in helping families who are supporting adolescents or young adults, particularly through the first episode of psychosis.

Substance Abuse and Mental  
Health Services Administration  
(SAMHSA) – Caregiver & Family  
Resources

Federal resources for caregivers, including how to talk with kids about mental illness and links to additional supports.

**Contact: (800) 662-4357 (National Helpline)**



Strong365 (One Mind)

Curated education, tip sheets, and trainings (eg, Psychosis REACH) to help families support teens/young adults experiencing early psychosis.





## Information & Advocacy

These resources provide trusted information on the condition and help you navigate complex treatment systems or legal issues.

National Institute of Mental Health (NIMH)

Authoritative information on schizophrenia symptoms, treatment approaches, and research participation.



Treatment Advocacy Center (TAC)

National nonprofit with guides and education to help families understand treatment systems for serious mental illnesses, civil commitment/assisted outpatient treatment, and how to advocate for timely care.

**Contact: (703) 294-6001**



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## Crisis Planning

It is important to be prepared for crises. Create an action plan that includes:

Phone numbers of your loved one's doctors and therapists

A current list of their medications

The location of nearby emergency rooms

Contacts who can support you

**National Suicide Prevention Lifeline:  
1-800-273-TALK (8255) or 988**

## References

- Schizophrenia & Psychosis Action Alliance. [sczaction.org/caregiver-support-groups](http://sczaction.org/caregiver-support-groups)
- National Alliance on Mental Illness. [nami.org/Your-Journey/Family-Members-and-Caregivers](http://nami.org/Your-Journey/Family-Members-and-Caregivers)
- Mental Health America. <https://mhanational.org/caregiving/>
- Substance Abuse and Mental Health Services Administration. [samhsa.gov/mental-health/children-and-families/coping-resources/caregiver](http://samhsa.gov/mental-health/children-and-families/coping-resources/caregiver)
- Strong365. [strong365.org/community/psychosis-caregiver-resources](http://strong365.org/community/psychosis-caregiver-resources)
- National Institute of Mental Health. [nimh.nih.gov/health/topics/schizophrenia](http://nimh.nih.gov/health/topics/schizophrenia)
- Treatment Advocacy Center. [tac.org](http://tac.org)