



Now what?

A checklist for navigating life after a schizophrenia diagnosis.

If you or your loved one has recently been diagnosed with schizophrenia, it's common to feel overwhelmed and unsure about how to move forward. This checklist can help you navigate the path ahead—from finding support to exploring treatment and beyond.



Stay informed about schizophrenia. Lean on your healthcare providers and local support resources if you have additional questions.

- Schedule follow-up healthcare appointments with your psychiatry provider, primary care provider, and/or therapist.
- Learn the language of schizophrenia to discuss it with your healthcare team accurately and with compassion.
- Identify and track symptoms regularly to discuss with your healthcare team.
- Explore treatment options with your healthcare team.
- Add emergency contacts and crisis hotlines to your phone.



Create healthy day-to-day routines to promote well-being and consistency.

- Schedule time for meals, medication, self-care, hobbies, etc.
- Be sure to rest and recharge.
- Identify loved ones or friends within your community to help support you along this journey.
- Work with your caregiver and healthcare team to come up with a plan to help you work toward short-term and long-term goals.
- Find local support programs and online advocacy groups.
- Join a support group that feels right for you.



Look to the future by focusing on your overall physical and mental health.

- Work toward achieving your goals—no matter how big or small, celebrate your progress, and adjust your goals as needed.
- Plan to bring a symptom tracker to upcoming mental health appointments.
- Write down questions, comments, and concerns for your healthcare providers before appointments.
- Be proactive; create a plan to confidently handle future crises.
- Check in regularly with the social worker, case worker, primary care provider, and therapist about your progress.
- Speak up during conversations with the healthcare providers and don't be afraid to ask questions. Be open about the care you need.

Call or text 988 or chat online at 988lifeline.org for immediate support in a mental health crisis.



Get connected to support



American Foundation for Suicide Prevention

American Foundation for Suicide Prevention
afsp.org

The American Foundation for Suicide Prevention (AFSP) is an organization dedicated to providing lifesaving support and hope to those affected by suicide.



Caregiver Action Network
caregiveraction.org/schizophrenia

The Caregiver Action Network (CAN) shares knowledge, strategies, and resources to support and empower caregivers.



Clubhouse International
Creating Community, Changing the World of Mental Health

Clubhouse International
clubhouse-intl.org

Clubhouse International is dedicated to finding cost-effective, sustainable mental health solutions for over 100,000 people a year.



CURESZ Foundation
curesz.org

The CURESZ Foundation inspires hope in caregivers and their loved ones through advocacy and educational supportive resources.



Mental Health America

Mental Health America
mhanational.org

Mental Health America (MHA) is dedicated to promoting mental health resources such as prevention services, early identification knowledge, and integrated care.



National Alliance on Mental Illness

National Alliance on Mental Illness
nami.org

National Alliance on Mental Illness (NAMI) helps those affected by mental illness with support and educational resources at the national, state, and local levels.



NATIONAL COUNCIL for Mental Wellbeing

National Council for Mental Wellbeing
thenationalcouncil.org/our-work/mental-health-first-aid/

Become one of the 4.5 million people trained in assisting and supporting others experiencing a mental health crisis.



Schizophrenia & Psychosis Action Alliance

Schizophrenia & Psychosis Action Alliance
szaction.org

Schizophrenia & Psychosis Action Alliance (S&PAA) helps improve lives affected by schizophrenia through education, support programs, and advocating for better public policy.

This is not a full list of local and national resources available.

Bristol Myers Squibb does not endorse these organizations. The information/links provided by Bristol Myers Squibb are meant for informational purposes only and are not meant to replace a physician's medical advice.

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