



# Support is here for you, too

Resources for caregivers of people living with schizophrenia.

As a caregiver, you are there for your loved one as you both navigate their schizophrenia journey together. Over time, this responsibility can become overwhelming. It's important to know that no matter what you're facing or feeling, support is available for you.

## You are not alone.

Being a caregiver can feel isolating, so it's important to surround yourself with others who understand firsthand the challenges you face. National Alliance on Mental Illness (NAMI) has community and support groups specifically for caregivers. Find more information below.



**NAMI support groups**  
[nami.org/support-education/support-groups](http://nami.org/support-education/support-groups)

## Stay informed and empowered.

Understanding schizophrenia and the support available can help turn uncertainty into clarity, hope, and empowerment. For insights into this condition, visit the Schizophrenia & Psychosis Action Alliance (S&PAA) caregiver resource page.



**S&PAA**  
[sczaction.org/caregiver-resources](http://sczaction.org/caregiver-resources)

## Navigate the system.

Caregivers often struggle to access important information because of common misunderstandings about HIPAA, the Health Insurance Portability and Accountability Act. This resource from Caregiver Action Network provides information about privacy laws and advocacy tools.



**Caregiver Action Network**  
[caregiveraction.org/navigating-hipaa-schizophrenia](http://caregiveraction.org/navigating-hipaa-schizophrenia)

## Your words matter.

Talk about schizophrenia with accuracy, clarity, and compassion. Using the right words can help people feel accepted, which can make it easier for you and them to talk about the condition. Check out this guide from NAMI.



**NAMI lexicon**  
[nami.org/NAMI/media/NAMI-Media/PDFs/NAMI-Schizophrenia-Psychosis-Lexicon-Guide.pdf](http://nami.org/NAMI/media/NAMI-Media/PDFs/NAMI-Schizophrenia-Psychosis-Lexicon-Guide.pdf)

## Hold on to hope.

Many people with schizophrenia can experience symptom improvement. Know that this may be possible for the person you care for, too. Visit the CURESZ Foundation website to hear from others living with schizophrenia.



**CURESZ**  
[curesz.org/survivors](http://curesz.org/survivors)

## Get help in a crisis.

Whether you or the person you care for is facing a mental health crisis, there is 24/7 support available. **Call or text 988** or chat online for immediate support.



**988 Lifeline**  
[988lifeline.org](http://988lifeline.org)

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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