Help, hope and understanding

by Greg in BC

I was diagnosed with schizophrenia at age 20. This was after my mother died of cancer. I was working full-time and attending college but couldn't cope. I began hearing demonic voices and I was very paranoid, believing aliens were sent by God to abduct me. I was hospitalized and was put on different meds that didn't help, but eventually, we found the right combination of meds. I lived for years in four different boarding homes, and in the last eight years I have finished a BA in English, took Creative Writing courses and I've had two novels published about schizophrenia, The Temptress Ariel and Selene's Guiding Light (both published by Publish America).

I have medical coverage from the Canadian government. I am single, and I live in a group home. I am 50 now and am compliant with my meds, which is vital for anyone suffering from schizophrenia. My primary concern and focus is to help remove the stigma of schizophrenia and show through my novels that we are not a threat, but rather we are suffering, frightened people who long for love, happiness and acceptance. My life now is still a bit of a struggle but with my therapist, psychiatrist and family support, I have been able to come a long way despite delusions, hallucinations and a suicide attempt. There is help and hope for schizophrenia sufferers and my advice is to reach out for understanding and support from other people.