



My Life with Schizophrenia

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Introduction

- Who am I
- What can be expected in the presentation
- Thanking FSS body for the opportunity

My years growing up

- Home life
- Love for sport
- Father also being diagnosed with Schizophrenia
- Gran living with us

Family life

- Parents and sister
- Dad passing away
- My dog – Jack Russel named Kareltjie

Friends

- Amazing friends through school and university
- Everyone supported me through my journey
- Always had open communication when they had questions about my diagnosis

Primary school

- Have difficulty remembering
- Love for sport started in primary school
- Attempted being a part of the school choir
- Being diagnosed with Schizophrenia never crossed my mind

High school

- Very challenging
- November 2012 – end of my grade 9 year my life changed forever
- Played for the Western Province u/19 and senior ladies cricket teams
- Got hit with a cricket ball during practice – this was the traumatic event which caused the onset of Schizophrenia

Schizophrenia

- Got diagnosed nearly 12 years ago
- Symptoms such as hallucinations and anxiety
- Was put on medication – for the first couple of years the doctors could not determine the correct combination
- In and out of hospital
- Suicidal thoughts
- Had to repeat grade 10
- Could not cope in a mainstream school – completed grade 11 and 12 through homeschooling

Schizophrenia

- Started seeing new Psychologist and Psychiatrist
- Immediately started new regime of medication (Serdep, Dopaqual, Epitec, Risperidal Injection)
- Life completely changed for the better
- Incredible support
- Decided to study Psychology

University

- Tried to give back
- Made lifelong friends
- Completed my undergraduate
- Had to complete a 3-month practical
- Got first-hand experience of others who had gone through similar struggles
- Had to opportunity to work for an NGO

NGO – Change Makers Hub

- Beginning of 2021
- Met amazing people from all walks of life
- Eco-Brick project in Clanwilliam

My life now

- Work for Takealot
- Happier than ever nearly 12 years later
- Have amazing support
- Advice for someone going through similar struggles is to seek help ASAP
- Very important to strike up conversation to reduce any and all stigmas
- Started playing cricket again
- Thank you again to FSS for the opportunity

Conclusion

“You have not lived today until you have done something for someone else who can never repay you.” – John Bunyan