



Invisible Children's Project

– Information for Children –

Bobby's Story: Why Does My Dad Act Strange? (A Schizophrenia Story for Children)

I did not know why my dad acted the way he did. All I knew was that he made me mad a lot of the time. He could act normal one minute, and the next minute he would act very strange. One time, I remember walking down the hallway, hearing him talk out loud to someone in his bedroom. When I went in, there was no one else in the room.

My dad always felt like he could not trust anyone, and he told me not to trust anyone either. He was afraid people were talking badly about him all the time. He got in lots of fights with my mom because he thought she was hiding stuff from him. He had a hard time keeping friends because he thought they were all trying to gang up on him.

I know now that he suffers from paranoid schizophrenia. He has a mental health problem that causes him to think he is hearing voices of people who are not there. It causes him to think he is seeing people that are not there. It also causes him to feel he can't trust anyone.

I grew up angry with him all the time for acting so differently, but now I understand he could not help it. He still acts differently, but now I understand why. Learning about his mental health problem, talking to an adult I could trust, and knowing I wasn't alone helped me feel better. I want other kids to do the same.