



Recovery Stories and Advocacy Resources for Schizophrenia on Instagram

The following accounts share personal recovery journeys and provide lived-experience perspectives that may serve as valuable educational and advocacy resources.

[@aishaalviwrites](#)

(Postpartum Psychosis Awareness)

[@bipolarexplained](#)

[@dbsalliance](#)

[@headsuppa](#)

[@hearingvoicesnyc](#)

[@schizokitzo](#)

[@schizophrenichippie](#)

[@schizophrenic.nyc](#)

[@sczaction](#)

[@stanford.inspire.training](#)

[@stanfordinspire360](#)

[@this.is.bipolar](#)

[@youneedasocialworker](#)

Your local NAMI organization