



What is FND?

FND is when your brain is not working properly.

FND can look like epilepsy or a stroke but it is not the same.

You cannot see FND on a brain scan but your doctor can do tests to show it is there.

FND is real. You are not making it up.



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What is having FND like?

FND has lots of different symptoms. You might:

- Have trouble moving or walking
- Have seizures or fits
- Feel numb or tingly in parts of your body



FND — Functional Neurological Disorder

An accessible information sheet



- Forget things easily



If you have FND you might also:

- Have headaches
- Have lots of pain in other parts of your body
- Feel tired even if you have slept well
- Have other symptoms from your body

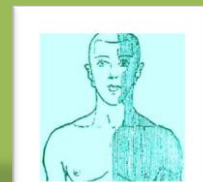


FND can be upsetting and confusing.

FND can make it hard to work or do the things you enjoy.



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How can I cope with FND?

Things that can make FND better:

- Learning about FND
- Physiotherapy
- Talking to someone about it
- Getting enough sleep
- Coping better with stress



Not many people have heard of FND but lots of people have it.

You are not alone.



If you would like more information about FND you can visit:

www.neurosymbols.org/

www.fndhope.org

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