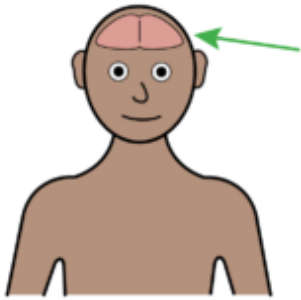
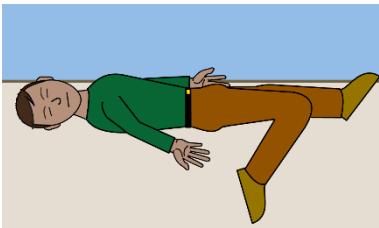


Functional seizures

What are functional seizures?



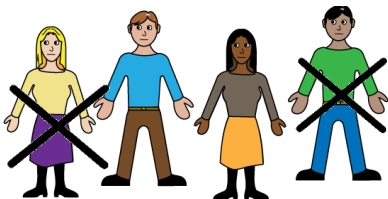
Functional seizures are when your brain shuts down all by itself.



It is not epilepsy or fainting but can look like it.



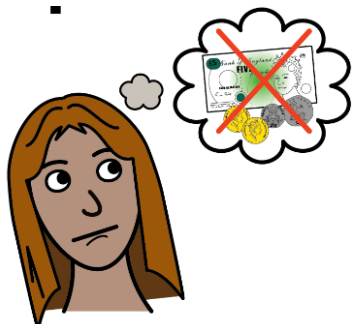
It is a real condition.



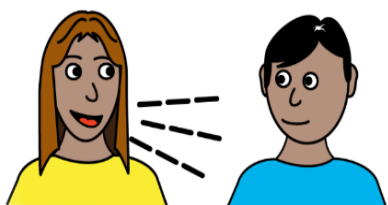
Lots of other people have functional seizures.



It could be because of stress and difficulties in your life.



Not everyone feels stressed.



There are talking treatments that can help stop or reduce seizures.

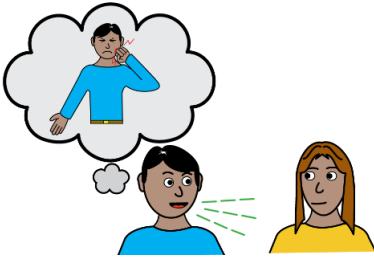


Functional seizures can be your body's way of coping with difficult feelings.



Epilepsy medicine doesn't help functional seizures.

Before a functional seizure

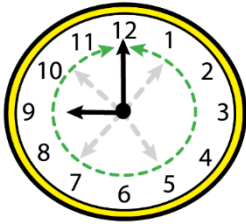


If you feel a seizure coming on, tell someone.

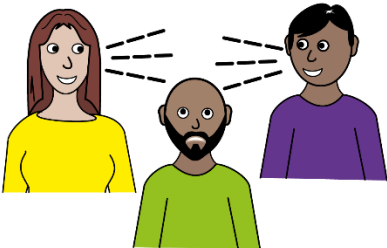
If you have a functional seizure



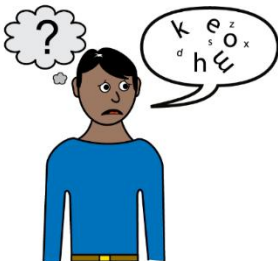
The seizures are not dangerous.



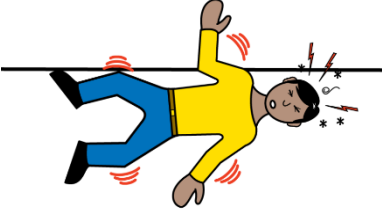


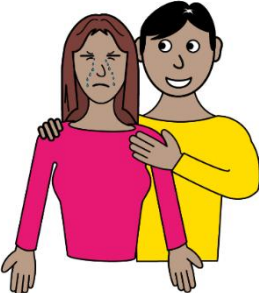
The seizure may last for a few minutes or a few hours.

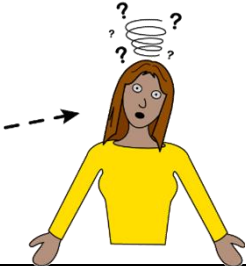



You may hear people talking.

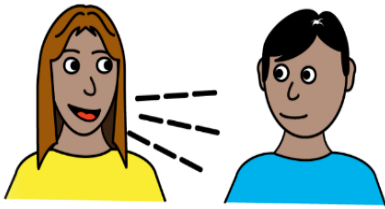


You may not be able to answer them.

	<p>Your body may move around a lot.</p>
	<p>You may fall on the ground.</p>
	<p>You might hurt yourself when you fall but the seizure isn't dangerous</p>
	<p>If someone is there, they can talk softly to you if you want them to.</p>

After a functional seizure	
	<p>You may feel tired, weak or confused.</p>
	<p>Your speech may change for a little while</p>

Things that might help functional seizures



Talking to a therapist can help you learn how to stop seizures.



Things that make you feel calm or happy can sometimes stop seizures.




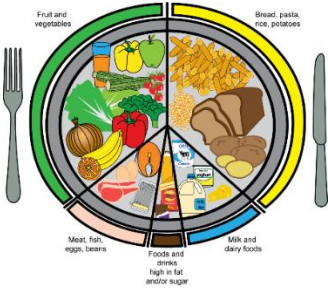
Try to get out and see people during the day.





Do lots of the things you enjoy.



Do things that help you relax.

	<p>Get a good sleep</p>
	<p>Eat a healthy diet.</p>

More Resources	
	<p>Learn more about Functional seizures at the Neurosymptoms FND Guide www,neurosymptoms.org. Or Download the App.</p>
	<p>Download 'Not There' – a graphic novel at neurosymptoms.org</p>

Credits	
<p>Katy Morton, (Speech and Language Therapist), Dr Jane Stuart (Intellectual Disability Doctor) and Prof Jon Stone (Neurologist) – all from Edinburgh, Scotland - made this factsheet.</p> <p>The pictures are the intellectual property of Leeds and York Partnership NHS Foundation Trust and are copyright to them</p>	