



I Have Functional Seizures

Hi there! My name is:

When I have a Functional Seizure, this can look like:

I can still: _____

I cannot: _____

HOW LONG?

My seizures usually last between _____ - _____ minutes,
and I need around _____ - _____ minutes to recover.

YOU CAN HELP ME BY:

Do NOT: _____

IN AN EMERGENCY

Please contact _____ on _____

WHEN TO CALL 999

Most of the time, I do not need an ambulance or medical treatment, just time and a safe space to recover. Please call an ambulance when:

- I have injured myself as a result of a seizure
- I am unresponsive after

Thank you for your care and support!