



RESOURCES FOR PATIENTS

MINDGARDENS FUNCTIONAL NEUROLOGICAL SYMPTOM DISORDERS (FND) CLINIC

The FND Clinic aims to develop a gold standard model of care for people with this treatable neuropsychiatric disorder. Here you will find some resources and information on FND to increase your understanding of the disorder and to find additional support.

The resources below are also available on our website: <https://cheba.unsw.edu.au/research-groups/neuropsychiatry/fnd-clinic/resources>

UNDERSTANDING AND MANAGING FND

WEBSITES AND WEBINARS

Start here:

The Australian FND network connects FND health professionals and provides information about FND to patients and their community

- **online FND learning module for patients** ([link](#))
- educational videos ([link](#))
- patient resources ([link](#))

<https://fndaustralia.com.au/>

Neurosymbols.org

- provides comprehensive overview of FND symptoms and treatment
- patient stories ([link](#))
- fact sheets ([link](#))

'Non-Epileptic Attacks' website

- taking control of your seizures leaflet ([link](#))
- resources ([link](#))

<https://sites.google.com/sheffield.ac.uk/non-epileptic-attacks/>

'Non Epileptic Seizures' website

- information for people with FND
- resources ([link](#))

<https://nonepilepticseizures.com/>

FND Society

- provides a range of webinars and online resources for the FND community

<https://www.fndsociety.org/>

BOOKS

Overcoming Functional Neurological Symptoms: A Five Areas Approach
Williams, C et al. 2011.
CRC Press.

A CBT workbook to guide the management of FND



APPS

MyFND

- app that aims to help patients with FND better understand and manage their symptoms

myFND

myfnd.co.uk

PATIENT AND CARER SUPPORTS

FND Australia Support Services

- provides information and support about FND services in Australia

<https://fndaus.org.au/>

FND Hope

- an international patient-run registered charity for patients with functional neurological disorders

<https://fndhope.org/>