

PATIENTS & CARERS

When to seek help with FND symptoms

Living with FND means learning your usual patterns — and knowing when something is not usual. Use this with your clinician's personal advice; when in doubt, seek urgent care.

Call 999 for a medical emergency, including

- Stroke-like symptoms that are new for you (face droop, arm weakness, speech difficulty — use FAST)
- A first seizure, serious injury, or a seizure with breathing problems; see seizure first aid
- Chest pain, severe breathlessness, or suspected serious injury
- Symptoms your clinician told you are red flags for you personally

Use NHS 111 / urgent same-day care if

- You are unsure whether this is your usual FND pattern
- Symptoms are escalating and you cannot get a timely GP slot
- Infection, dehydration, or medication problems may be driving a flare
- Carers are worried and need urgent clinical advice

Routine GP / team follow-up

Book sooner

- New pattern lasting days
- Work/school becoming unsafe
- Mood or sleep collapsing
- Need for fit note / referral update

Bring with you

- Symptom snapshot
- Medication list
- Questions list
- Episode log if relevant

Crisis support (non-medical)

Samaritans 116 123. Childline 0800 1111. Local mental health crisis lines via NHS 111 where available. FND Connect is not a crisis service.

Continue overleaf for practical next steps, a personal plan and sources →

WHEN TO SEEK HELP · NEXT STEPS

Separate familiar episodes from new concerns

An agreed plan can help with a familiar, diagnosed episode. It does not mean every future symptom is FND. New features, significant injury or a change in recovery need assessment. If you think there is a medical emergency, call 999 rather than waiting to contact a routine clinic.

Make the urgent conversation easier

Tell the call handler where you are, what happened, when it started and whether the person is breathing and responding. Mention FND and any other diagnoses, but describe the current problem first. Have the medicines list and personal plan available if possible; follow the emergency team's instructions.

After the immediate problem

Ask what to look out for, who will follow up and what to do if symptoms change again. Record the advice in one place that the person and their supporters can access. For urgent non-emergency concerns, use NHS 111 where available, your local urgent-care service or GP out-of-hours arrangements.

My next steps — discuss with your care team

Where my emergency plan and medicines list are kept

My routine team and local urgent-care contact

Sources and further reading

- NHS: stroke symptoms and emergency action
www.nhs.uk/conditions/stroke/symptoms/
- NHS: seizure first aid and when to call 999
www.nhs.uk/symptoms/what-to-do-if-someone-has-a-seizure-fit/

More practical help: Appointment prep · Teen safety · NHS 111