Support after an FND diagnosis

Functional Neurological Disorder (FND) is a real neurological condition. FND Connect is an independent UK organisation that publishes clear information, free digital tools and peer support. We are not part of the NHS and this leaflet is not a diagnosis or a treatment plan.

What you can do next

- Start here: https://fndconnect.org.uk/start/
- Record symptoms with SeizeControl (free): https://fndconnect.org.uk/seizecontrol/
- Create an FND Passport you control: https://fndconnect.org.uk/passport
- Prepare for appointments: https://fndconnect.org.uk/appointment-pack/
- Find community and virtual groups: https://fndconnect.org.uk/support-groups/

You decide whether to use these resources. You do not have to share medical records with FND Connect to read public information.

If you have a first seizure, stroke symptoms, chest pain, trouble breathing, or you cannot stay safe, call 999 or use NHS 111. FND Connect is not an emergency service.

Scan to open Start here

not been labelled as clinically reviewed. FND Connect is an independent Community Interest Company. It is not part of the NHS and a conversation, enquiry or directory listing does not mean NHS endorsement.