



RESOURCES FOR PATIENTS

MINDGARDENS FUNCTIONAL NEUROLOGICAL 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. These are also available at: <https://www.unsw.edu.au/cheba/clinical-care/mindgardens-fnd-clinic>

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 website provides a comprehensive overview of FND symptoms and treatment

- **educational videos** ([link](#))
- 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
- reading materials ([link](#))

<https://nonepilepticseizures.com/>

FND Society website

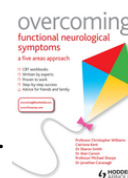
- provides a range of webinars and online resources for the FND community

<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



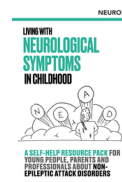
FND Stories

Eds. Rawlings, G.H. et al. 2024. Jessica Kingsley Publishers. Personal and Professional Experiences of Functional Neurological Disorder



Living with Neurological Symptoms in Childhood

Garlovsky, J & Newton, C. 2021. A self-help resource pack for young people, parents and professionals about non-epileptic attack disorders



APPS

MyFND

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

myfnd.co.uk

myFND

PATIENT AND CARER SUPPORTS

FND Hope

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

<https://fndhope.org/>

