



# 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.

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://fnetworkaustralia.com.au/>

##### Neurosymptoms.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.fndociety.org/>

#### BOOKS

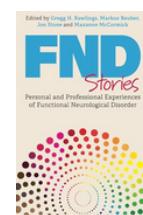
##### **Overcoming Functional Neurological Symptoms: A Five Areas Approach**

Williams, C et al. 2011. CRC Press.  
A CBT workbook to guide the management of FND



##### **FND Stories**

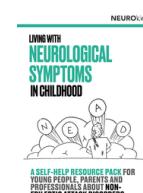
Eds. Rawlings, G.H. et al. 2024. Jessica Kingsley Publishers.



Personal and Professional Experiences of Functional Neurological Disorder

##### **Living with Neurological Symptoms in Childhood**

Garlovsky, J & Newton, C. 2021.



#### APPS

##### MyFND

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

[myfnd.co.uk](https://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/>