



Non-Epileptic Attack Disorder



You have non-epileptic attack disorder.



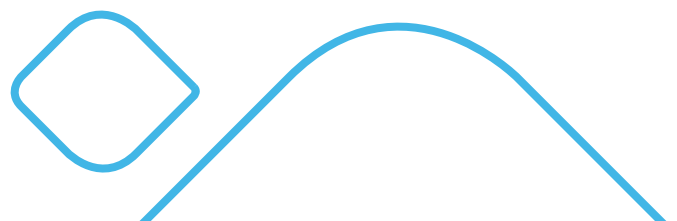
This can look like epilepsy.



They are not epileptic seizures.



You do not need an ambulance unless you have hurt yourself.



People call them different things:

Funny turns

Panics

Dizzy spells

Attacks

Psychogenic seizure

Dissociative seizures

Pseudoseizures

Functional seizures

What do you want to call yours?



They can be caused by:



Stress



Worry



Anger



Loss or grief



Sadness



Illness

What do you think causes yours?





You can try lots of things to help stop an attack happening.



Relaxing



Exercise



Healthy eating

It is good to do lots of things that you enjoy.

What do you enjoy?

A large, empty, rounded rectangular box with a thick blue border, intended for a person to write their answer to the question 'What do you enjoy?'.

It is ok to talk about your feelings or show people your feelings.



It is ok to ask for help if you need it.

Who can you ask?

A large, empty, rounded rectangular box with a thick blue border, intended for a person to write their answer to the question 'Who can you ask?'.



There are lots of things you can try that might help if you have an attack.



Some people like relaxation exercises.

There are lots of different types.



Movement relaxation exercises.



Breathing exercises.

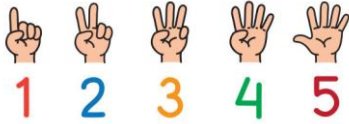


Music

Some people like to use their senses.



You could use your voice to sing a song or count slowly to 10.



You could use your eyes to look at what is in the room around you.



You could use your ears to listen to what sounds you can hear



You could use your hands to feel something soft.



You could use your nose to smell the air around you.



What would you like to try doing when you have an attack?

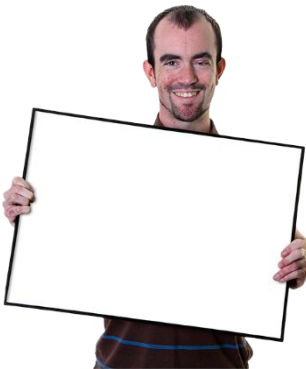
A large, empty rounded rectangle with a thick blue border, occupying the central portion of the page. It is designed for a user to write their response to the question above it.

My Non-Epileptic Attack Disorder

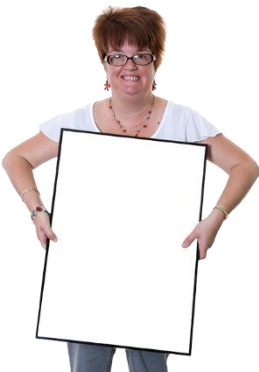
My name is:



They are called:



I think they are caused by:



These things will help me:



My Non-Epileptic Attack Disorder Diary



What was the date and time?



What was happening?



What were you feeling?



What did you do and did it work?

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Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format or would like to feedback your experience of the hospital.

Email ruh-tr.ps@nhs.net or telephone 01225 825656.

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