



FND Wellbeing

FND Resources Sheet (UK)

Start your journey with FND.



www.neurosymptoms.org

FND website built and created by Prof. Jon Stone, Neurologist, University of Edinburgh, that provides an up-to-date and comprehensive overview of the condition.



FND UK Charities

These non-profit organisations provide people with FND (and their carers) a variety of different support, information and services. Check out what's available!



www.fndaction.org.uk



www.fndhope.org.uk

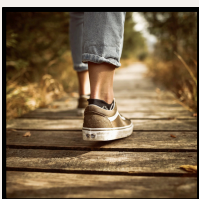


www.fnddimensions.org

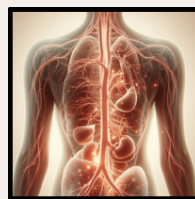


www.fndfriends.com

There are more and more allied, private health practitioners now learning about FND who provide services and support as part of their practice. It's not common yet, but the awareness and knowledge is growing. FND Wellbeing provides services tailored for FND, created by someone who has recovered with FND. These include:



[Learning to Pace and Rest](#)



[Nervous System Regulation](#)



[FND support in the Workplace](#)



[Free Wellbeing Support Group](#)

www.fndwellbeing.com