

When to seek medical care...

You have new, distressing or changing symptoms.

What to do if...?

Have you tried techniques to help manage symptoms such as deep breathing, meditation, distraction and rest?

Are these techniques working?

NO

YES

Do you feel like you are in danger / at risk of injury / medical complications / death?

Are you unable to swallow / breathe / toilet / shower?

Are your carers / family concerned?

Are you frightened or anxious?

If **YES** to any of the above points, seek immediate medical care / contact your treating doctor or attend your local hospital and/or call ambulance on 000

If symptoms seem manageable, keep using those strategies to keep symptoms under control & follow up with your treatment team ASAP.



Follow up with treatment ASAP



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