

How to help someone with FND



💡 Supporting someone with FND doesn't require medical training—just empathy, patience, and a willingness to learn



STEP 1

Communicate with Openness

When someone feels seen, heard, and believed, they're more likely to share what they're going through. It's 'not just all in their heads'.



STEP 2

Practice Active Listening

Don't just hear—listen. Focus fully, avoid interrupting, and show you're present. It helps the person feel valued and understood.



STEP 3

Show Empathy & Compassion

Kindness matters. Treat the person with dignity and patience. Try to imagine their experience. If someone has an episode, help them stay safe, encourage slow, deep breaths if possible, and avoid panic.



STEP 4

Learn More about FND

Ask Clarifying Questions ?

Understanding what FND is (and isn't) helps reduce stigma and builds real support. If you're unsure what someone needs or what's happening, gently ask. Showing curiosity with care shows respect and a desire to help.

Support & Ground the Person – Not Fix Them!



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