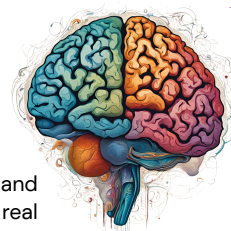


Functional Neurological Disorder (FND) – A Common but Misunderstood Condition



What is FND ?

Functional Neurological Disorder (FND) occurs when the brain has trouble sending and receiving signals to and from the body. This leads to physical symptoms that are real but not caused by any known medical cause or structural damage.

FND has had different names since the 1800s. The most common name you might recognise is **Conversion Disorder**.

Common Symptoms of FND:

- Weakness or paralysis in limbs (arms & legs – on one side of the body or both)
- Tremors, spasms, difficulty walking and other movement issues
- Seizure-like episodes (looks & feels like epilepsy) or drop attacks (sudden falling to the ground)
- Speech difficulties
- Brain fog, dizziness, balance issues, sensitivity to light, sound and smell
- Chronic pain and fatigue, headaches and migraines

Key Message

FND is real, common, not just all in your head, and it is treatable. With early diagnosis and the right support, recovery is possible.

Where to Get Help

If you or someone you know has FND symptoms, consult a neurologist, physiotherapist, or mental health professional for guidance.

Join the Awareness Movement !

FND Day was first recognised on the Western Cape Government Health and Wellness Calendar in 2025. We celebrate **FND Day annually on 7 May**.

Help us get FND Day recognised on South Africa's National Health Calendar!

#FNDAwareness #WhatIWishIKnew



Join A Support Group

You are not alone! FND – What Now? is a patient-led, and registered non-profit organisation in South Africa (SA). We support people diagnosed and affected by FND through our **free online support group services**. Our support groups operate under the **South African Depression and Anxiety Group (SADAG)** – www.sadag.org.

Reach out to us on **Cell:** +27 (0)76 291 3442 or **Email:** fndwhatnow@gmail.com

Website: <https://www.fndwhatnow.com>

Social Media: follow the handle [@fndwhatnow](https://www.instagram.com/fndwhatnow)