

# What should people do when I have an attack?

The instructions below tell people what they should do if they see you have an attack. You could keep a copy of this with you and you could also give a copy of this page to family and friends.

## **I have non-epileptic attacks This is what to do if I have an attack**

- **Keep me safe from injury.** You may need to guide or move me from an unsafe place, move dangerous objects and protect my head by carefully placing some soft clothing under it.
- **Do not hold me down or try to restrict my movement.** This can make the attack worse or cause injury.
- **Do not put anything in my mouth** or try to give me medication.
- **Speak to me calmly.** I may be able to hear and feel what people are doing when I have an attack, and being spoken to in a calm reassuring manner can help to make the attack shorter.
- **My attacks do not cause damage to the brain,** even if they go on for several minutes.
- **Do not call an ambulance unless I am injured or the attack goes on for a long time.** It is important that the ambulance crew know that my attacks are non-epileptic. Show them this card.