

Managing Non-Epileptic Attack Disorder: How other people can help

People with NEAD experience temporary episodes of loss of control and/ or awareness. These episodes are caused by a build-up of stress and although they can look distressing are not dangerous. There is no risk of brain damage or sudden death which can be associated with epilepsy. Below are general guidelines about how to help someone who is having a NEAD episode.

** These are general guidelines for managing Non-Epileptic Attack Disorder. If you/ the person you are concerned about also has a diagnosis of epilepsy this guidance does not apply. If in doubt about your diagnosis and whether to follow these guidelines, please speak to your neuroscience healthcare professional or GP.*

DO maintain a calm, quiet environment

DO give the person space

DO speak to them calmly (e.g. remind the person where they are, who you are and that they are safe, tell them to take their time to come round, that there is no rush).

DO tell other people it is not a medical emergency

DO NOT call 999 (unless there is a serious injury that needs immediate treatment)

DO NOT give the person medication

DO NOT touch them (unless to protect their head)

DO NOT crowd or stand over them

DO NOT try to bring them out of it, the episode will pass naturally without any need to intervene