

Are You Often Labelled As Shy?

Are there times when your words feel stuck, and no matter how much you want to talk you just can't?

If this sounds like you, you maybe struggling with an anxiety disorder called Selective Mutism.

Years of struggling to talk and express yourself in social situations can take its toll, especially when you feel misunderstood.

Selective Mutism can start in childhood, but without the right support and intervention it can continue into teenage years and adulthood.

If Selective Mutism resonates with you, It is important for you to know you are not alone !
To learn more or to connect with others please visit:

www.voiceforselectivemutism.com

