

Are You Often Labelled As Shy?



Do you struggle to speak and express yourself in some social situations, no matter how much you really want to?

Do you struggle to wave or smile or even write in front of others?

Does your throat feel tight, and your body fill with dread when someone greets you or asks you a question?

If this sounds familiar, you could be struggling with an anxiety condition called Selective Mutism also known as Situational Mutism. Years of struggling to talk and express yourself can take its toll, especially when you feel misunderstood.

If Selective Mutism resonates with you, it is important you know you are not alone!

To learn more and to connect with others please visit;

www.voiceforselectivemutism.com