

GLITCH



A panda's PANS journey

GLITCH



The **PANS PANDAS**
UK Youth Board
know first-hand
how tough living
with **PANS** or
PANDAS can be.
That's why they
worked together
with the wonderful
Taming Olivia to
introduce you
to Glitch!

WE HOPE THAT
GLITCH'S STORY WILL
HELP OTHER YOUNG PEOPLE,
THEIR FRIENDS AND FAMILY
UNDERSTAND MORE ABOUT
THESE CONDITIONS AND LET
THEM KNOW THAT
THEY ARE NOT ALONE.

PANS PANDAS
UK
YOUTH BOARD

MEET
TAMING
OLIVIA
PG 6

MEET GLITCH
JUST YOUR AVERAGE
TYPE OF KID.





UH-OH! IT'S
A SYMPTOM
STORM!

TWITCHY

WORRIED

SORE

SAD

ANGRY

ANXIOUS

CAN'T THINK

NERVOUS

ALL THE TIME

NEED A WEE

TOO BRIGHT
TOO LOUD



WHO CAN HELP
GLITCH FEEL
BETTER?

GLITCH GOES TO THE DOCTOR.

HE'S FINE!
IT'S PROBABLY JUST A PHASE. THINGS WILL SETTLE SOON ENOUGH.

BUT GLITCH DOESN'T SETTLE AND THINGS KEEP GETTING WORSE!

THEY DO THEIR OWN RESEARCH.

ARMED WITH MORE INFO THEY SEE A SECOND DOCTOR.

I THINK I KNOW WHAT THE PROBLEM IS. I'VE BOOKED YOU IN TO SEE A SPECIALIST!

- ① Diagnosis
- ② Medication
- ③ Information

GLITCH STILL HAS ROUGH DAYS BUT IS LIVING A MORE POSITIVE LIFE.

HIS FRIENDS ARE STARTING TO UNDERSTAND HIS GLITCHING AND HIS PARENTS ARE BEING SUPPORTED BY

PANS PANDAS UK

THE SPECIALIST GIVES GLITCH A DIAGNOSIS, MEDICATION AND INFORMATION. HIS ROAD TO RECOVERY STARTS HERE!

BUT WHO IS SUPPORTING GLITCH AND HIS FRIENDS?

YOUNG PEOPLE
LIKE GLITCH AND
HIS FRIENDS CAN
JOIN THE...

PANS PANDAS^{UK} YOUTH BOARD

WHO ARE WE?

We are young people from across the UK, aged between 8 and 25 years old. We work closely with PANS PANDAS UK to drive positive change for other young people and families who are affected by PANS and PANDAS.

HOW DO WE HELP?

In our online meetings every two months, we help with loads of projects like creating resources, campaigning and sharing our lived experiences.

We support each other and make sure no-one feels alone.



I REALLY LOVE WORKING ON SUCH EXCITING PROJECTS AND HAVING THE OPPORTUNITY TO SHARE MY STORY WITH PARLIAMENT AND DOCTORS

IT IS SO AMAZING TO HEAR OTHER PEOPLE'S STORIES, THEY ARE SO SIMILAR TO MY OWN

WHO CAN JOIN?

Anyone aged 8-25 who is affected by PANS or PANDAS, or has a sibling or close relative with PANS or PANDAS

FIND OUT MORE!

CLICK ME!

YOU DO NOT NEED TO HAVE A DIAGNOSIS OF PANS OR PANDAS TO TAKE PART!

GLITCH IS THE LATEST PROJECT FROM THE PANS PANDAS UK YOUTH BOARD.

They wanted to create a character to help describe their different experiences of PANS or PANDAS, and the journey they have been on along with their parents, friends, and different medical professionals.

Taming Olivia is a creative mental health space which helps to build positive wellbeing for people who experience symptoms of OCD and related conditions.

THE YOUTH BOARD IS A GREAT PLACE TO SHARE YOUR STORY AND USE YOUR KNOWLEDGE TO INSPIRE OTHERS!



Taming Olivia and our Youth Board met many times to discuss **ideas, colours, fonts** and **storylines** until everyone felt happy with Glitch's story.



PETE, CAT & GLITCH!



FIND OUT MORE ABOUT TAMING OLIVIA!



Catherine and Pete from Taming Olivia are both amazing artists. They worked with our Youth Board to turn the ideas into the awesome comic you have just read!



PANS PANDAS^{UK}

YOUTH BOARD



LEARN MORE
ABOUT PANS
AND PANDAS!



Supported by:

Quilter



PANS
PANDAS^{UK}

www.panspandasuk.org

Was this resource
helpful for you?
Let us know!

