

GLITCH



ONE DAY
EVERYTHING
CHANGED!



A panda's PANS journey

GLITCH



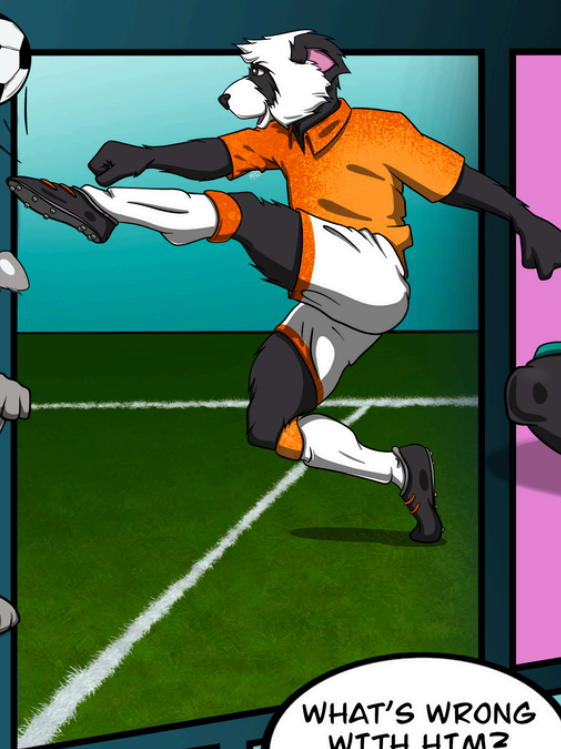
The **PANS PANDAS**
UK Youth Board
know first-hand
how tough living
with **PANS** or
PANDAS can be.
That's why they
worked together
with the wonderful
Taming Olivia to
introduce you
to Glitch!

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
YOUTH BOARD

MEET
TAMING
OLIVIA
PG 6

MEET GLITCH
JUST YOUR AVERAGE
TYPE OF KID.



UNTIL...

WHAT'S WRONG
WITH HIM?
HE ALWAYS USED
TO PLAY.



...HE GETS ILL.

YOU'LL FEEL
BETTER SOON.



SOME DAYS
GLITCH FEELS
LIKE HIS OLD SELF.



OTHER
DAYS ARE
TOUGH!

CAN'T EAT TOO MUCH
WORRY TICS
NO SLEEP
WANT MY MUM
BRAIN FOG
OCD

COME ON YOU'VE
GOT TO TRY!

BUT HE WAS FINE
YESTERDAY.

WE THOUGHT HE
WAS DOING SO
MUCH BETTER.

WHY ARE YOU
SO UPSET?





UH-OH! IT'S
A SYMPTOM
STORM!

TOO BRIGHT

TOO LOUD

NEED A WEE

ALL THE TIME

CAN'T EAT

CAN'T THINK

TWITCHY

WORRIED

NERVOUS

SORE

SAD

ANGRY

ANXIOUS

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!

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**

- ① Diagnosis
- ② Medication
- ③ Information

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.



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

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.

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!



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.



FIND OUT MORE ABOUT TAMING OLIVIA!

CLICK ME!

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 **YOUTH BOARD**



LEARN MORE
ABOUT PANS
AND PANDAS!



Supported by:

Quilter

**PANS
PANDAS**

www.panspandasuk.org

Was this resource
helpful for you?
Let us know!

