

OCD TICS

FOOD RESTRICTIONS

ANXIETY

SEPARATION ANXIETY

DEPRESSION

EMOTIONAL LABILITY

ENURESIS

HYPERACTIVITY

INSOMNIA

OPPOSITIONAL BEHAVIOURS

AGGRESSION

IRRITABILITY

SOME HALLUCINATIONS

PEOPLE ALSO REPORT DELUSIONS

What are PANS and PANDAS?



PANS (Paediatric Acute Onset Neuropsychiatric Syndrome)

PANDAS (Paediatric Autoimmune Neuropsychiatric Disorder associated with Streptococcal infections)

PANS and **PANDAS** are immune-mediated neuropsychiatric conditions. This means they are medical conditions which affect both the brain (e.g. thinking or movement) and mental health (e.g. emotions and behaviour)

People with PANS or PANDAS experience a variety of symptoms (listed overleaf) ranging from abrupt changes in behaviour, difficulties with movement and the often-sudden onset of mental health challenges. Both conditions can begin suddenly, and symptoms may come and go over time.

The symptoms listed here can be extremely severe. In many cases, children are incorrectly diagnosed with mental health disorders, or symptoms are attributed to neurodivergence.

Find more information and access the diagnostic criteria for both conditions at **www.panspandasuk.org**

PANS PANDAS Steering Group

The PANS PANDAS Steering Group (PPSG) works to improve standards of care for people living with PANS or PANDAS, with the support of NHS England. The PPCG oversees four working sub-groups, including the PANS Guideline Development Group which is developing a clinical guideline in collaboration with the Royal College of Paediatrics and Child Health to address the current variation in care across the UK.

Scan here for more information about the work of the PPCG



It is the mission of PANS PANDAS UK to raise awareness of these life-changing conditions, to engage and inform health, social care and education professionals and to support young people and families living with PANS and PANDAS.

Together we are building brighter futures for all those affected.

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