

PANDAS and PANS Affects the Entire Family System

There is something uniquely shocking about a sudden and profound psychiatric change in a child.

A family formerly based on a productive system of consistency and sharing needs to cope with a whole new set of rules as efforts are made to heal the child. PANDAS/PANS is often a temporary illness. There will be a time when your child will heal and the current pain will be a distant memory.

Take care of yourself

Feelings of isolation, grief, and PTSD are reported by the majority of parents. Find a trusted counselor, clergy or friend to talk to. Talking to someone who has your best interest in mind will offer a release from mounting anxiety and help you remember your child will heal. Caretakers often forget to care for themselves. See your own doctor to be sure your own health needs are met. This autoimmune disease can deplete parents' energy. Allow yourself to take a breather now and then.

Siblings need support too

PANDAS and PANS is hard on siblings too. Try to spend time alone with your other child(ren). Even one hour per week alone will remind your other child(ren) that they are still loved and important during this difficult time.

PANDAS Network.org is a 501c3 non-profit corporation founded by parents of children afflicted with PANDAS/PANS. We understand, first hand, the unique challenges and fears you are facing. Uniting as a community encourages researchers to investigate and cure this autoimmune disease.

WE INFORM

- Web access to health care providers
- Online newsletters
- Research and patient education

WE CONNECT

- List of support groups
- Snapshot surveys of the community
- Professional networking

WE ADVOCATE

affiliations and partnerships with

- National Institute of Mental Health
- AARDA- National Coalition of Autoimmune Patient Groups
- International OCD Foundation

We are here for you.

655 Oak Grove Avenue #1373
Menlo Park, CA 94026



PANDAS NETWORK
ADVOCACY, SUPPORT & RESEARCH FOR PANDAS, PANS, AE

What does a PANDAS or PANS diagnosis mean to your child?

**A Resource for Families
PANDAS Network.org**

**Pediatric
Autoimmune
Neuropsychiatric
Disorders
Associated with
Streptococcal Infections**

**Pediatric
Acute-onset
Neuropsychiatric
Syndrome**



PANDAS NETWORK
ADVOCACY, SUPPORT & RESEARCH FOR PANDAS, PANS, AE

To learn more or support our work,
visit www.pandasnetwork.org
501c3 non-profit FEIN #37-1666562