**Tourette’s syndrome and its effect on mental health.**

Throughout this article we shall explore the different effects of Tourette’s on mental health, including the rise of ‘Tourette’s’ during lockdown:

Throughout this article I shall include my personal tics I experience whilst writing. They will be shown in brackets, to give insight into how difficult small tasks can be.

So what is Tourette’s?

Tourette’s syndrome is a neurological disorder causing involuntary movements words and sounds these are called motor and physical tics. Around 10% of people with Tourette’s experience coprolalia, the use of obscene language as tics. (*beans)*

Co-disorders and their effects-

People that suffer with Tourette’s syndrome (*you look like my mum*) are also significantly more likely to develop ADHD, FND, or seizure related disorders. Even influencing mental health disorders such as depression, (huuhaaa) anxiety and schizophrenia. (*head jerk)*

My point?

People with *(tartar sauce*) such disorders can feel this constant judgement (*tartar sauce*) and fear of what everyone else things. There are also (*hit back key*) large stigmas claiming people fake the tics and make suggestions such as ‘exorcisms’ with a clear lack of knowledge and understanding. As well as not being in control of your own body not knowing what will happen next will forever be daunting and cause panic, wishing for anything else to happen. (*heehee*) People suffering can receive (*whistle*) funny looks and comments creating *(hit back key*) social anxiety and not wanting to leave the house due to this. No one quite seems to understand how severely this effects your mental well-being as even any recent or future plans could be destroyed or become impossible as the disorder becomes more severe and with a lack of research into Tourette’s syndrome there is also no hope yet for a cure and very few ways to make tasks more accessible. *(tartar sauce*)

Tourette’s during lockdown-

During the first lockdown (*you’re a fish*) many teenagers came forward explaining they are experiencing sudden tics to the point it was classed as a ‘tic crisis’. Towards the end of 2020- January 2021 hospitals (*growling*) have been receiving 3-4 referrals a week were as before only 4-6 a month. And if the rise is to continue the cases could rise by 150-200 a year.

This rise in tics was quickly blamed on (*heehee*) people already experiencing Tourette’s in particular ‘tik tok’ influencers that were spreading awareness about their experiences with the disorder.

*(it’s the end of the world*) Again, this causes more effect on their mental health for being blamed for something they really had no part in and were only trying to bring awareness and educate others, which many stopped doing as the claims had such a negative effect on them. Unfortunately, these teenagers experiencing these symptoms are not being given the support needed, as it wasn’t seen as a ‘real’ case of Tourette’s as well as professionals not believing them.

*If you are experiencing any of these symptoms, please book an appointment with your GP or contact shout- 85258.*