

Tic disorders

Support Me When Tics Show Up

Adults and teens 13+ | 10 to 15 minutes

Tics can draw attention that you may not want. Choose one situation where a practical adjustment or a clearer response from others could help. This page focuses on comfort, access, and your preferences. It does not ask you to count, stop, or hide tics to complete an activity.

Choose one setting. Describe its impact and what you would like others to do or understand.

Describe the participation barrier

Consider whether the difficult part is pain, interruption, other people's reactions, rules, or lack of privacy. Use a brief example. You can decide how much personal information to share and ask a clinician about new or concerning changes.

Choose a useful response

You might request flexible breaks, an agreed response from staff, or help addressing teasing. Ask people not to treat a tic as misbehavior. Choose a review point based on your comfort and access rather than whether others notice fewer tics.

1. Where do tics or other people's reactions make participation harder?**2. What impact or concern do I want understood?****3. What practical adjustment or response would I prefer?****4. Who can help, and how will I review whether the support fits?****Clinical use and adaptation**

Use qualified assessment for new, painful, changing, or impairing symptoms. Do not diagnose, require suppression, punish tics, or present this as CBIT or habit-reversal treatment. Protect privacy, address bullying, and coordinate school or workplace support with appropriate consent. Specialized treatment requires appropriate training and individual planning.