

ALTERNATIVE THERAPIES

Different approaches can be helpful and can complement traditional therapy. We'd suggest you only get help from someone who has professional accreditation.

Acceptance & Commitment Therapy

Visit the Association for Contextual Behavioural Science: contextualscience.org/act or Act Mindfully: actmindfully.com.au/about-act

Cognitive Behaviour Therapy (CBT)

Visit the British Association for Behavioural and Cognitive Psychotherapies: babcp.com

Counselling

Visit the British Association for Counselling & Psychotherapy: bacp.co.uk or the UK Council for Psychotherapy: psychotherapy.org.uk

Mindfulness

Visit Be Mindful: bemindful.co.uk or Mindful: mindful.org

IN A CRISIS?

The Mix

The UK's leading support service for young people. Free, confidential, anonymous. Call 0808 808 4994, open daily 4pm-11pm. themix.org.uk

CALM

The Campaign Against Living Miserably, for men and boys feeling down. Confidential, anonymous, free. Call 0800 58 58 58 daily, 5pm-midnight or use their webchat service via thecalmzone.net

Samaritans

You can talk to someone, any time of the day or night and they'll listen. Call 116 123 or email jo@samaritans.org

HERE FOR YOU

"Speaking to someone who understood stammering and provided guidance and contacts was enormously helpful and reassuring."

Helpline Caller

Talk to us about anything stammering related: tell us about a tough day; practise speech techniques or job interview questions; or talk about stammering at work, at university, in relationships or whatever.

We're also here if you believe you've been discriminated against or having problems at work because of your stammer. Contact us.

Helpline: 0808 802 0002
Webchat: stamma.org/help
Email: help@stamma.org

Mon-Thurs 10am-2pm; 4pm-8pm

Meet others and get involved.
Membership is free.
Go to stamma.org/join

STAMMA

The British Stammering Association
Box 140, 43 Bedford St, London WC2E 9HA
Office tel: 0208 983 1003

STAMMA.ORG

Reg. charity nos: 1089967/SC038866



STAMMA

At least 1% of the adult population stammers.

It isn't caused by nerves.

Research shows it's neurological and often hereditary.

STAMMA



Stammering is when people repeat, prolong or get stuck on sounds or words. There might be visible tension as they work to get words out. No two people stammer in the same way.

Stammering is not caused by nerves. Research is showing that it's neurological - there are differences in how the brain produces speech.

Stammering usually starts in childhood, affecting around 8% of children. Most children will go on to speak fluently but around 1% will continue to stammer into adulthood.

Around 60% of people who stammer have a relative who stammers or used to stammer. Sometimes stammering starts in adulthood, when it may be associated with certain medications, head trauma, stroke, Parkinson's or functional neurological symptoms.

Stammering is variable - there will be times when someone will stammer less and times when they stammer more..

An increase in stammering might be linked to tiredness, stress, speaking to someone in authority, using the phone or speaking in front of a group. Sometimes there's no reason to explain the variability.

Avoidance is common. The fear of being judged by others can lead to many people hiding their stammer. Someone who avoids stammering may:

- insert fillers (eg "um", "er") before a difficult word
- swap a difficult word for an easier one - you end up with a plain ham sandwich when you really wanted one with ham, cheese and salad
- say less in challenging speaking situations, eg at meetings or when out with a group of friends
- turn down opportunities to present or attend events, or miss the start of things when introductions are required.

CHALLENGES

Many who stammer have intense feelings of shame and embarrassment, following the negative responses from others. The smirks, the mocking, even bullying.

Go to our website stamma.org/get-help for information and tips for coping with the day-to-day challenges you might face if you stammer. These might be at work, job-hunting, in education, shopping and using services. If you feel you've been discriminated against, contact us. Details overleaf.

At STAMMA, we campaign to highlight and bring down the barriers that people who stammer face. See stamma.org/campaigns to see how we're making a difference.

MEET OTHERS

Connecting with others who stammer, and being able to talk without worrying can be therapeutic and life-changing. Realising you aren't alone, learning from others and sharing stories can make all the difference in the world.

Go to our website stamma.org to find details of local and online groups. Join our private Facebook group 'STAMMA - Space for Stammering' and connect with others online.

NEED HELP?

We believe that whether someone stammers, and how they deal with their stammer, is no-one's business but their own. If you want help with your stammer, here are some ideas.

If you're thinking about getting therapy, do your research before diving in. No single approach will work for everyone. What is your motivation for getting therapy now? What worked in the past and what didn't? One-to-one therapy or group therapy? Is follow-up help on offer?

THERAPY & COURSES

NHS & Private therapy

NHS therapy is free and you can often refer yourself rather than go through your GP. Search online for 'Adult speech and language therapy...(add your location)'. Or ring us and we'll talk you through it, see our details overleaf.

If you want to pay for therapy, search asltip.com for a private speech & language therapist who specialises in working with adults who stammer.

Group Courses

City Lit

London based, offering adult group therapy. Subsidised fees are available for anyone on a low income, or you might be able to get financial help from your local health service. Email speechtherapy@citylit.ac.uk

Empowering Voices

Intensive residential group stammering UK courses. Visit empoweringvoices.co.uk

The McGuire Programme

Intensive residential group stammering courses across the UK. Visit mcguireprogramme.com

The Starfish Project

Intensive residential group stammering courses, based in East Sussex. Visit starfishproject.co.uk

For all therapy options, as well as apps and devices, see stamma.org