



DON'T HOLD BACK

If you are about to leave school, go to college, start an apprenticeship or find a job, this can be an exciting time in your life. But with exams, interviews and dating, it can also be really hard. Everything's changing and that includes your speech. There's no pill that will take away the stammer, but you can choose how you want to manage it.

Don't let other people's opinions shape your ambitions. As someone who stammers you've got skills which will be invaluable in your career, such as resilience - essential for any job.

You stammer, and that is tough. You cannot know how your stammer will change in the years ahead but the way you stammer and the way you feel about it, can change over time. It might really affect you now but this is likely to improve, and the less you care about it, the less of an issue it will be.

Stammering is not uncommon. 8% of young children will go through a phase of stammering. Most will stop stammering but some won't. We believe there are nearly 1.5 million adults in the UK who stammer.

Research suggests stammering is a condition caused by differences in the brain. There's also a genetic link - 60% of people who stammer have a relative who stammers or used to stammer. It's not your fault.

We see that people who stammer are often skilled wordsmiths and frequently show an ability to quickly assess situations and people. Such skills, can be a real bonus in many situations socially, in work and education.

Push back, make room for yourself in your life ahead. If you can accept your stammer, then so can everyone else. It might be bumpy, but better than choose a path you don't want to follow.

Encourage your teachers to support you. Look on our [website](#), send them a link to our articles and the [pdf](#) on the changes they could make at school or college, and the law on discrimination.

Refuse to accept bullying or teasing. This is not OK. All schools have a zero tolerance policy when it comes to bullying, so find someone you trust and tell

them about it so that action can be taken. Take heart from others who stammer and who've carved out their own career paths.

If you hit a bumpy patch, then call us, we'd love to hear from you.

Watch the '[Stambassador](#)' videos created by Action for Stammering Children, which feature many of our supporters talking about their lives and careers.

Keep up-to-date with our campaigns, get information and support. Join us or just subscribe. It's free.
Stamma.org/join

STAMMA.ORG

British Stammering Association
15 Old Ford Rd
London E2 9PJ
Office tel: 0208 983 1003

Reg. charity nos:
1089967/SC038866

STAMMA



TALK ABOUT IT

The fact you're reading this shows you're willing to do something about your stammer. That's the first step - taking things into your own hands.

Next, talk to someone about it - maybe a family member or a friend or someone who doesn't know you, like a speech and language therapist or frankly, call us, we'd love to talk. You'll find that talking about a subject which is difficult can give you some perspective and stop the issue having a toxic effect on you.

THERAPY

There's lots of good NHS therapy out there. So, if you want help in managing your speech, go for it.

You may be able to refer yourself, although in some areas you will need to see your doctor first. If you are under 16 your parents will need to be involved or ask a teacher at school to refer you.

Therapy might be one-to-one or in a group, depending on what's on offer. If there is no group for

people your age, ask if one can be set up.

Meeting others who know what you're going through can be life-changing.

Below are courses for young people. Some may need Clinical Commissioning Group funding.

GROUP THERAPY

City University, London

Five-day intensive courses for those aged 8-18 during school holidays.

Tel: 020 7040 0150.

The Fluency Trust

Residential courses in Devon for ages 10-17. Courses combine intensive speech therapy with outdoor pursuits. Tel: 01793 466790.

The Michael Palin Centre for Stammering

Intensive group therapy for 10-14 and 15-18 year olds during school holidays. Based in London.

Tel: 020 3316 8100.

The Starfish Project

Residential three day courses in E Sussex for ages 11+.

Tel: 01825 767268

The Talking Out Residential

Five-day residential courses in Yorkshire and the North West for those aged 12-16, combining intensive speech therapy with outdoor activities.

Tel: 07763 719272.

HELP IN A CRISIS

Sometimes things can seem black. It needn't be like that. If you reach a point where your feelings boil over and become too much, there are people out there who will listen. The organisations below offer a private space to explore what's going on, confidentially and anonymously. Many of the helplines use webchat or email so you won't even need to talk.

Student Minds

Student Minds run peer-support groups so that students experiencing mental health difficulties can access a supportive environment where they can talk about life, uni and keep their lives on track. studentminds.org.uk

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, open daily, 5pm-midnight or use webchat at thecalzone.net

Samaritans

Call someone, any time of the day or night on 116 123 or email jo@samaritans.org

BSA's Facebook Support Group

This is a closed group, open for everyone aged 13 or older. Have a look too at stamma.org where you can find stories of others like you who stammer at school, at work, at home. You'll find these under 'Your Voice'.

Try these US websites for young people who stammer: friendswhostutter.org & say.org

Don't give out personal information online.

RING US ON 0808 802 0002

Weekdays 10am-noon; 6pm-8pm. Free. Confidential. Anonymous.

Call us to talk through any concerns you have about stammering. We're here to listen and provide support. Dump about your day, talk to us about finding help, practise speech techniques or interviews, or talk about someone you love who stammers.

STAMMA