

ALTERNATIVE THERAPIES

Different approaches can be helpful and can complement traditional therapy.

Acceptance & Commitment Therapy

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

Cognitive Behavioural Therapy (CBT)

British Association for Behavioural and Cognitive Psychotherapies: babcp.com

Counselling

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

Mindfulness

Be Mindful: bemindfulonline.com
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.
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

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, whatever.

HERE FOR YOU

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

WEBCHAT

stamma.org/help

HELPLINE

0808 802 0002

EMAIL

help@stamma.org

Find support and information.
Meet others and keep up to date
with our campaigns.
Join us, it's free.
stamma.org/join

STAMMA

The British Stammering Association
Box 140
43 Bedford Street
London WC2E 9HA

Reg. charity nos: 1089967/SC038866



STAMMA

Stammering, or stuttering, affects up to 2% of the adult population. It isn't caused by nerves. Research shows it's neurological and often hereditary.

In adults, the question you face is how you deal with your stammer.

STAMMA



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

CAUSES

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 up to 8% of children. Most children will go on to speak fluently but up to 2%, or around 1.5 million in the UK, 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.

VARIABLE

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

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.

WORK & EDUCATION

Go to our website stamma.org for tips, information and ways of meeting up with others for surviving the day-to-day challenges you might face if you stammer, whether at work or in education.

SHAME

Many who stammer experience intense feelings of shame and embarrassment. This can be because of the negative responses of others: the smirks, the mocking, even bullying. It can take a while to shake off such deep-seated experiences. But meeting others who stammer, and being able to talk without worrying about stammering, can be therapeutic and life-changing.

NEED HELP?

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

If you're thinking about getting therapy, before diving in have a think and do your research. 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?

Would you rather pay for therapy? Non-NHS providers will charge or you might be able to get funding via your GP.

MEET OTHERS

Research shows that it can make a real difference to connect with other people who stammer. To know that you're not alone, to learn from others what they have found helpful, and to share your own experiences.

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

THERAPY

NHS

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 overleaf).

Going Private

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

City Lit

A specialist centre in London 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.
Tel: 020 7404 0150.

The McGuire Programme

Intensive residential and hybrid/online group courses across the UK for people who stammer.
Tel: 07838 172768.
mcguireprogramme.com

The Starfish Project

Intensive residential group courses for people who stammer, held in East Sussex. starfishproject.co.uk
Tel: 01825 872038.

For other therapy options, as well as apps and devices, see our website.

FIND OUT MORE AT STAMMA.ORG