

<p>I have selective mutism. This means I am not able to speak in some situations.</p> <p>I can still understand everything you say to me and can communicate in other ways.</p> <p>For more information visit:  <a href="http://www.selectivemutism.org.uk">www.selectivemutism.org.uk</a></p>	<p>I have a condition which prevents me from speaking out loud in some situations.</p> <p>I can still understand everything you say to me and can communicate in other ways.</p> <p>For more information visit:  <a href="http://www.selectivemutism.org.uk">www.selectivemutism.org.uk</a></p>
<p>I have situational mutism. This means I am not able to speak in some situations.</p> <p>I can still understand everything you say to me and can communicate in other ways.</p> <p>For more information visit:  <a href="http://www.selectivemutism.org.uk">www.selectivemutism.org.uk</a></p>	<p>I am finding this a bit overwhelming due to noise/people around/busyness. Please could I take a break/ go outside for a moment.</p> <p>Please could I write down my answer/response?</p>
<p><b>I have situational mutism.</b>  Situational mutism is an extreme anxiety disorder that affects 7 in 1000 people. This condition prevents us from talking in some situations. If I am unable to talk, I am not choosing to not answer, but it is due to my anxiety. I can still hear and understand everything you say to me and can communicate in other ways.</p>	<p><b>Please can I have...</b></p>
<p><b>Please can you help me find...</b></p>	<p><b>Please could I write down my answer/response?</b></p>
<p><b>Please could we communicate by writing things down?</b></p>	<p>I am working on increasing the number of situations I can speak in. I may not be able to speak to you now but I will be able to speak to you one day so do not be surprised when I do!</p>