

Do you know someone

...who can talk freely at home but appears frozen in other settings like at school and out in public?

Do you know someone

...who seems shy and takes a very long time to warm up in a social situation, if at all? Does it seem out of the normal range of shyness you observe in others?

If so, you may know someone with Selective Mutism

...and you've come to the right place.

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for more information.



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*Find Their
Voices*



What is Selective Mutism?



Selective Mutism (SM) is best understood as a complex anxiety disorder characterized by an individual's inability to speak in one or more social settings (e.g., at school, in public places, with adults) despite being able to speak comfortably in other settings (e.g., at home with family).

These individuals:

- talk normally in settings where they feel comfortable
- have an actual fear of speaking when there is an expectation to talk
- can "freeze" due to anxiety

Without intervention, over time this can lead to social difficulties and/or isolation. Although it is most commonly first diagnosed in childhood, SM can persist into adolescence and even adulthood if left untreated. However, with diagnosis at a young age, early intervention and effective treatment, **the prognosis for individuals with SM is good.**

The Selective Mutism Association (SMA) is a 501(c)3 nonprofit organization dedicated to providing information, resources and support to those impacted by a child with the anxiety disorder known as selective mutism.

Whether you are a parent of a child with SM, a teacher, a therapist, an individual with SM, or anyone interested in learning more, SMA can help. We are the nation's premier resource for SM information and we provide a network of families and treating professionals around the world who uniquely understand the struggles of SM. Stop struggling alone. Start seeking information and support today.



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www.selectivemutism.org

MEMBERSHIPS

Individual and Family Membership benefits include:

- SMA Virtual Parent Support Group
- Access to SMA's Ask the Expert services
- SMA newsletter
- SMA conference discount

Treating Professional Membership benefits include:

- Personalized online professional profile in SMA's Treating Professional Directory
- Access to SMA's treating professional listserv and discussion board
- Inclusion into SMA's online calendar of events
- SMA conference discount

Educator and Student memberships available and include discounts and support. Visit our website for further information.

