



MY COMMUNICATION CARDS	I can't talk right now	I am having a shutdown
I am having a panic attack	Please ask me only yes or no questions	Yes
No	I don't know	Please repeat
I have anxiety	Please help me	I need space
I need time	I need quiet	I need water
Too many people	I want to go home	Please distract me by talking to me
May I go to the toilet please?	I need some time out	I frequently make involuntary movements or sounds called tics. I cannot control them and it is exhausting. Please do not stare or take offense.