

I HAVE SELECTIVE MUTISM

I AM UNABLE TO TALK TO STRANGERS
BUT I UNDERSTAND EVERYTHING

**IF I'M LOST, PLEASE CALL
MY MOM AT
(000) 000-0000**

I have selective mutism. It is an anxiety disorder where I get so anxious that I can't speak, even though I want to. I understand - I just can't speak. I may respond with a gesture instead. I will speak when I am able to do - but until then, the most helpful thing you can do is let me be involved without trying to make me talk.

