Date

Dear-----------,

My name is --------- and I would like to take the opportunity to introduce myself before the year gets underway. I want to let you know that I have something called Tourette Syndrome. It is a neurological disorder that causes me to make involuntary movements and produce involuntary sounds/words (these are called tics). Also, Tourette Syndrome is often accompanied by co-morbidities, or associated disorders. Some of the more common associated disorders are ADHD, OCD, anxiety and depression.

Some of my current tics are:

Some of the associated disorders I suffer from are:

It is important to note that Tourette Syndrome is unique to each individual, so my tics will not necessarily be the same as another person’s. Also, sometimes (but not always) being tired, frustrated, excited, worried, or upset may cause me to tic more. However, there are some instances where my tics will increase but there isn’t a specific circumstance that causes this.

People with Tourette Syndrome are all different when it comes to how they’d like others to react to their tics. In my case I-------------. It would also be really helpful if you-------.

If you have any questions for me, please don't hesitate to reach out. I am very comfortable talking about my tics and would be happy to answer any questions that you may have!

Very Sincerely,