Tourette's hurts. 75% of those living with the condition feel compelled to hide it for fear of stigma and discrimination. The effort required to hold back the hundreds of involuntary tics they experience every day can create an agonising build-up of tension that makes it feel like their whole body will combust. Learn more and help ease the pain at tourettes-action.org.uk **#TOURETTESHURTS Tourette's Awareness Month** 15 May to 15 June Learn more.

Registered charity no. 1003317 **Text HURT to 70560 to donate £2**

Tourettes * action