"I Have PBA" Pocket Card

DIRECTIONS:
Print this card, cut it out, fold, and connect with adhesive or tape to conveniently place in your wallet.

Cut   Fold   Cut

Cut

Pseudobulbar Affect (PBA) is a neurologic medical condition that causes sudden, frequent, and uncontrollable crying and/or laughing that doesn't match how I'm feeling. This may mean that my crying is exaggerated when I don't feel sad or only a little sad, or my laughing is exaggerated when I don't feel amused or only feel a little bit amused.

My Name: _____

October 2023   18US23EUC0049

Hello, I have PBA
(Pseudobulbar Affect)

If I am crying and/or laughing uncontrollably, I may be having a PBA episode.

You can support me by staying calm and giving me time to let the episode stop on its own—it may last seconds or minutes. Please excuse me if I need to step away.

See back of card for more information.

Cut

Cut   Fold   Cut