

Tardive Dyskinesia Awareness Week 2026

Digital Toolkit



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Recognizing TD and increasing awareness through videos and infographics

Insights for patients, caregivers and HCPs that can help them to understand the prevalence of TD as well as notice the signs and symptoms.

Sounds like TD

“It makes me feel self-conscious and judged. It impacts my social life.”

Are your uncontrollable movements affecting you physically and emotionally? Sounds like TD.

Recognizing the prevalence of TD
Tardive Dyskinesia (TD) affects a broad range of people who live with a variety of underlying medical conditions, including schizophrenia, depression, bipolar disorder, and gastrointestinal issues.

98% of patients were negatively impacted in some aspect of daily living.

If you or a loved one is taking certain prescription medicines for mental health conditions and experiencing uncontrollable movements, it might be TD.

Understanding the symptoms and impact of TD
The repetitive and uncontrollable movements of TD can be frustrating both physically and emotionally. In a recent study, many adults diagnosed with TD reported that it impacted their life, even if movements were mild.

Signs of TD can include the following:

- Involuntary blinking, tongue movement, and facial grimacing
- Uncontrollable finger tapping or arm movement
- Unintentional feet and leg movements
- Mild to severe hunching, shaking, and jerking in the torso, hands, feet, or face

Impact of TD

- Physical:** Pain, discomfort, difficulty breathing, walking, and sleeping
- Functional:** Trouble writing, speaking, eating, and swallowing
- Emotional:** Stress, embarrassment, isolation, self-esteem impacts, and emotional instability
- Therapeutic:** Social withdrawal and impacted social well-being

Talk to your healthcare provider about your symptoms
Prepare for a conversation about your movements with the following questions, and download the guide to take additional notes as needed:

- Is it possible to manage my uncontrollable movements while continuing my mental health medications?
- How do you assess the severity of uncontrollable movements?
- What can I do to try and take charge of my uncontrollable movements?

The uncontrollable movements of TD are real and can be treated. Your healthcare provider can help.

If it sounds like TD, scan this code to download a guide to help prepare for your next visit.

What to Know About Tardive Dyskinesia (TD)

Currently more than 57 million Americans are living with a mental illness, 14 million of whom are living with a serious mental condition.¹ For those taking mental health medications to manage their conditions, someone experiences the onset of TD, an often overlooked movement disorder.

TD impacts 1 in 4 people taking certain mental health medications.^{2,3}

Despite its estimated prevalence, only ~15% of patients are diagnosed with TD.⁴

Only ~5% of those diagnosed with TD receive available treatments.⁵

TD CAUSES MILD TO SEVERE INVOLUNTARY MOVEMENTS^{2,3}, INCLUDING:

- Hands and Fingers
- Feet
- Torso
- Blinking
- Tongue movements

TD's impact isn't just physical. Feeling self-conscious, embarrassed and avoiding social interactions are some of the ways TD has an impact emotionally.⁶ Many patients with TD remain undetected, even while experiencing severe social, physical, and psychological impacts to their daily lives.^{6,8}

What to keep in mind if you think you have TD

If you're experiencing TD, don't disrupt management of your underlying mental health condition before speaking with your healthcare provider. It is possible to continue managing your mental health condition and TD at the same time.

When talking to your healthcare provider, it's important to share how TD is impacting you physically, socially and psychologically. There are tools available on www.soundliketd.com to help guide your conversations.

REFERENCES: 1. U.S. Department of Health and Human Services. (n.d.). Mental Illness. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/mental-illness/>. 2. Denise P. What is tardive dyskinesia? Symptoms, causes, diagnosis, treatment, and prevention. Dempsy Health. Accessed December 13, 2023. <https://www.dempsy.com/conditions/tardive-dyskinesia>. 3. Fardipour, A. (2023). Tardive Dyskinesia: From Pathogenesis to Treatment. <https://doi.org/10.1155/2023/3721374>. 4. Joffe, R. T., & Leucht, C. (2015). Tardive dyskinesia. <https://doi.org/10.1016/j.eurpsy.2015.07.001>. 5. Markovits, S., Schwartz, J., Corbett, J., & Scheraga, M. (2018). Tardive dyskinesia. <https://doi.org/10.1016/j.eurpsy.2018.07.001>. 6. Brown, W., Morgan, M., & Camp, D. (2018). Tardive dyskinesia: A review of the epidemiology and drug-induced pathogenesis for psychiatric residents. <https://doi.org/10.1007/s12028-018-0344-4>.

HEAR ABOUT TD FROM AN NP WHO LIVED IT

DENISE GALLOPS, NP WITH TD

THE IMPORTANCE OF TD EDUCATION

DENISE GALLOPS, NURSE PRACTITIONER WITH TARDIVE DYSKINESIA (TD)



Proposed social copy to accompany the above assets:

Living with tardive dyskinesia (TD) can mean battling more than just symptoms. It often brings stigma, stress and isolation. This #TDAwarenessWeek, we're shining a light on a crucial truth – managing your TD and protecting your mental health is both possible and equally important.

To learn more about TD, visit: www.soundliketd.com

To access TD awareness assets, please click [HERE](#). (Password: 5fFXv5Xp04qb)

Infographic and videos explaining TD's impact beyond physical movements

The IMPACT-TD scale is a holistic tool enabling HCPs and patients to better understand how TD is affecting someone living with TD.

What Life is Really Like with Tardive Dyskinesia (TD)

We're getting closer to better understanding TD. The IMPACT-TD Registry, the largest TD study known to date, is evaluating the holistic effects of TD along with real-world treatment patterns and outcomes. A broad representation of people affected by TD shows:

- Fewer males were diagnosed or treated for their TD despite the healthcare provider recognizing their movements¹
- Hispanics and Black Americans struggled with more severe movements and had greater impact of their movements than other racial/ethnic groups²
- Lower rate of treatment in younger adult patients (18-45 years of age)³
- Most individuals experienced the impact of TD regardless of what type of mental health conditions they had⁴

REFERENCES: 1. Sakaguchi Y, et al. Presented at: American Psychiatric Nurses' Association Annual Meeting, Oct 9 - Oct 13, 2024, Louisville, KY. 2. Monroe C, et al. Presented at: American Psychiatric Nurses' Association Annual Meeting, Oct 9 - Oct 13, 2024, Louisville, KY. 3. Sakaguchi Y, et al. Presented at: Neuroscience Education Institute, Nov 7 - Nov 10, 2024, Colorado Springs, CO. 4. Sakaguchi Y, et al. Presented at: Annual Psych Congress Meeting, Oct 28 - Nov 2, 2024, Boston, MA.



Proposed social copy to accompany the above assets:



Tardive dyskinesia (TD) is more than just visible movements. While this chronic disorder causes uncontrollable, repetitive motions, a large impact lies in the profound self-consciousness and isolation many experience. Recognizing all facets of TD is vital for a complete and supportive treatment journey. Feelings and struggles beyond the physical movements matter.

Empower yourself to discuss every impact with your or your loved one's doctor and discover management strategies. Learn more: www.soundsliketd.com/manage-your-td

To access TD awareness assets, please click [HERE](#). (Password: 5fFXv5Xp04qb)

Caregiver video sharing her personal TD experience

Encourage others to have open conversations about their experience with TD by sharing Mary's story.



Proposed social copy to accompany the above asset:



Tardive dyskinesia (TD) doesn't just affect those living with the disease – it reshapes the lives of their loved ones too. Caring for someone with TD requires strength, understanding, and empathy every single day.

This #TDAwarenessWeek, we're shining a grateful light on the entire TD community, especially those remarkable caregivers who tirelessly dedicate themselves to supporting their loved ones through this condition. Your commitment is truly inspiring.

To access TD awareness assets, please click [HERE](#). (Password: 5fFXv5Xp04qb)

TD awareness social media static and animated graphics

Informative TD awareness graphics for social platforms.



Proposed social copy to accompany the above assets:

Notice new, involuntary body movements while taking mental health medication? Don't dismiss them. These could be signs of tardive dyskinesia (TD).

Talk with your healthcare provider about how it's possible to continue managing your mental health condition and TD at the same time. To learn more, visit: www.soundsliketd.com

To access TD awareness assets, please click [HERE](#). (Password: 5fFXv5Xp04qb)