

ABCDEF
GHIJKL
MNO Q
RSTUVW
XYZ **No pee?**

Shy bladder?

Are you one of the 7% of people
who find it hard to pee when
others are around?

You're not alone

UK Paruresis Trust
www.ukpt.org.uk
support@ukpt.org.uk
Registered Charity 1109541

