



**Here I stand  
broken hearted  
Need a pee but  
can't get started**

**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](http://www.ukpt.org.uk)  
[support@ukpt.org.uk](mailto:support@ukpt.org.uk)  
Registered Charity 1109541



NATIONAL  
LOTTERY FUNDED