

# Charles Bonnet Syndrome

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**Do you have sight problems and are you seeing things which aren't really there?**

This is called Charles Bonnet Syndrome  
– or CBS for short.

What you are seeing are called visual hallucinations.  
These images can appear suddenly and look very  
real, which can be confusing and frightening  
– **but they are not real.**

**Em is our friendly CBS monster.**  
She's here to help you understand  
more about CBS.



**Follow Em inside to  
find out more**

## What images do people see?

You might see patterns and shapes or even animals, people and buildings. The images can be colourful and very detailed.

Some people may see strange faces, creepy insects or even dark shadows. Everyone is different and experiences CBS in their own way.



## Why does it happen?

CBS happens because your eyesight is not as good as it was and the information from the eye to the brain has gaps in it. The brain fills in the gaps by creating its own images.

Many children and adults around the world have problems with their eyesight and CBS is more common than you might think.

The images don't usually last long. Some people have them often, but others may have them only once in a while.

# What to do when it happens

## Stay calm

Remind yourself that this is just your brain playing tricks because of your eyesight. The images are not real and can't hurt you.

## Change what you are doing

Distracting yourself by moving around or focusing on something else, like moving or singing, can make the image fade away.

## Blink or look away

Try blinking or looking in a different direction. This can sometimes make the image disappear faster.

## Turn on a light

If you see an image in the dark or dim light, turning on a light might help make the image go away.



## Talk to someone

If the images are scary or upsetting, tell a parent, guardian, or a friend. They can comfort you and help you feel less worried.

# Remember!

**You can talk about it.**

**You are not in danger.**

**It's not your fault.**

**You are not imagining the images.**

**There is nothing wrong with your brain.**

**The images are not real.**

**You are not alone.**

To see Em's film about CBS, click on this

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