Charles Bonnet Syndrome (CBS)

When your eyes play tricks on you

What is it?

Syndrome secondary to vision loss. Consist of seeing visual images after losing some of your vision.

Although images look very real, people come to realise that they are not real.

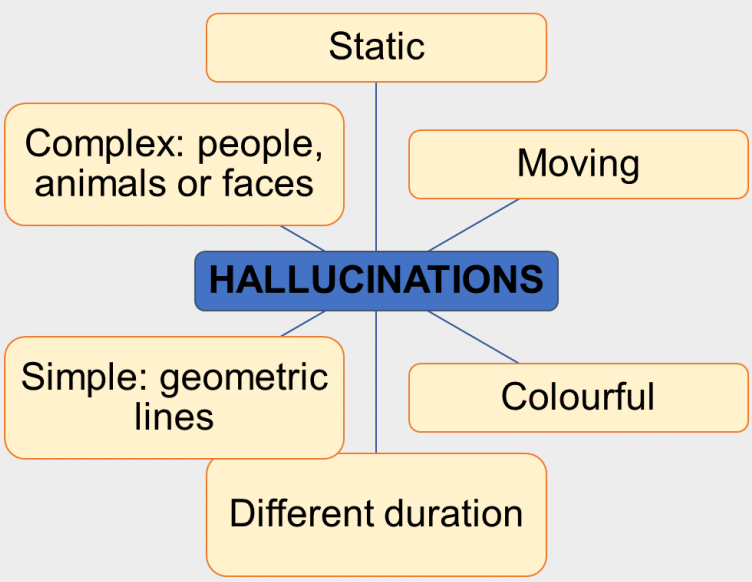
It is not a mental health condition but can cause distress



It can affect everybody (adults and children) who have loss of sight

It gets worse by stress, isolation or change in lighting.

Significant number of people experience it after losing vision.



People are afraid to talk about it, as scared to be called crazy.

How can we help?

1. Get help from eye care professionals
2. Find the light levels that suit you best
3. Ignore or interrupt the hallucinations
4. Rest
5. Talk about the hallucinations

Safe spaces need to be created
Don't be afraid to tell someone.

Find more info in **Esme's Umbrella Charity**

https://www.charlesbonnetsyndrome.uk

Charity No. 1197087