

the emotional impact of epilepsy

epilepsy
society

This information is taken from Epilepsy Society's website:
epilepsysociety.org.uk/university-and-epilepsy

Having epilepsy is more than just having seizures. It can affect every part of someone's life and every aspect: physically, mentally, and emotionally. While they might recover from the impact of seizures, they might not feel OK with having epilepsy, or how it feels to live with it.

How will it affect me?

Epilepsy can change over time: how it affects someone right now may be different to how it affects them in the future. And how they feel about it now can also change over time. Having epilepsy and seizures, and being on medication, can affect how someone feels both physically and emotionally. Epilepsy can make the individual worried, stressed, anxious, or depressed. All these feelings can affect their overall well-being, and how they feel about life.

How it affects someone depends on lots of things:

- whether they have seizures and how often they happen;
- what their seizures are like and how they affect them;
- whether they are on medication and whether they have side effects (such as feeling tired and affecting their concentration and thinking speed);
- how long they have had epilepsy (whether they have been diagnosed recently or a long time ago);
- how they feel epilepsy affects their everyday life and what it means to them; and
- whether epilepsy has affected their school life and learning so far.

Who can I talk to?

Some people may feel like no one understands what epilepsy is like or how it feels to have it. While some may want to talk about it, others might want to shut down and not even think about it anymore. For some, talking about their epilepsy and sharing their experiences with others, or reading other's experiences helps them to feel that there are other people 'out there' who understand what they are going through. Your university may have a counsellor that you can talk to about how you are feeling.

- Young people share their experiences of epilepsy on the YouthHealthTalk website.
 Visithealhtalk.org/young-peoples-experiences
- Our confidential helpline gives individuals time and space to say what they want, to let off some steam or get their thoughts in order.
 [Call 01494 601 400 Monday and Tuesday 9am to 4pm, Wednesday 9am to 7.30pm.](tel:01494601400)
- The Expert Patients Programme 'Staying Positive' course for young people with long-term health conditions cover topics from getting the best from appointments to how someone may feel about their condition.
 Visitselfmanagementuk.org

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epilepsysociety.org.uk



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