

Epilepsy & Me support groups for young people living with epilepsy. Ask questions, share your story, learn new ways to cope, and meet others who **'get it'.**

We keep things age-specific, so the support always fits you.



- For a range of ages:
 - 8-10, 11-15, 16-18 years
 - Sessions up to 1 hour
 - Monthly, remote sessions





Or visit: youngepilepsy/epilepsy-me

Scan me



Living with epilepsy can be challenging. Our support groups are here to help.

With sessions focussed on understanding epilepsy, they provide a safe space to ask questions and share experiences.



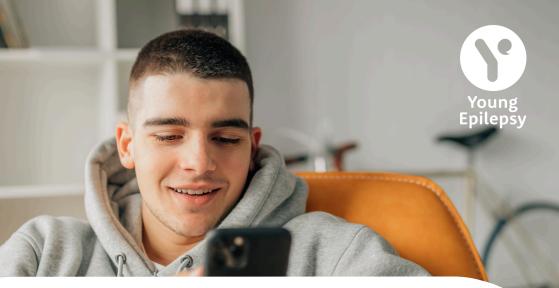
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Young Epilepsy

With sessions focussed on independence, school, and friendships, they provide a safe space to share experiences and make connections. **"Teen Talk"**



Young Epilepsy is the operating name of The National Centre for Young People with Epilepsy. Registered charity number 311877 (England & Wales).



Living with epilepsy can be challenging. Our support groups are here to help.

With sessions focussed on future aspirations, careers, driving, dating and transitioning into adulthood, they provide a safe space to share experiences and make connections.



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