



Need support?

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



Epilepsy & Me

**Register
today!**



Scan me

Or visit: youngepilepsy.org.uk/epilepsy-me



Need support?

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.

“What is epilepsy?”



8-10 years with parent supervision



45 minutes



Monthly, remote sessions



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Need support?

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

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

“Teen Talk”

 11-15 years with parent consent

 1 hour

 Monthly, remote sessions

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Need support?

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.

“The Road Ahead”



16–18 years



1 hour



Monthly, remote sessions

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