



Epilepsy Educational Resources and Support Groups

Educational Resources

Here are some recommended, well-known, websites where you can learn more about epilepsy:

- Centers for Disease Control and Prevention (<https://www.cdc.gov/epilepsy/index.html>)
- CURE – Citizens United for Research in Epilepsy (<http://cureepilepsy.org/>)
- Epilepsy Birth Control Registry (<http://www.epilepsybirthcontrolregistry.org/>)
- Epilepsy Action (<https://www.epilepsy.org.uk/>)
- Epilepsy Foundation (<http://www.epilepsy.com/>)
- National Association of Epilepsy Centers (<http://www.naec-epilepsy.org/>)

Online Support Groups



Here are some recommended, well-known online communities for people with epilepsy:

Epilepsy Foundation (<http://www.epilepsy.com/>)

- Community Forums within the Epilepsy Foundation are online discussion groups for specific topics, such as medication issues, women with epilepsy, or epilepsy and college (<http://www.epilepsy.com/forum-topics>)
- Chat Room is a way you can share experiences, questions, or concerns about epilepsy and seizures (<http://www.epilepsy.com/connect/chat>)

Exploring Epilepsy:



INFORMATION / KNOWLEDGE / EMPOWERMENT



Patients Like Me (Epilepsy Community) <https://www.patientslikeme.com/conditions/3>

- You can see what epilepsy medications other people have tried, how well the medications work for them, and what side effects people have
- You can see what other problems (symptoms) people have, like feeling tired or having trouble sleeping

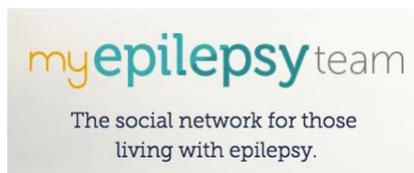
WebEase (<https://www.webease.org/>)

- Ease stands for “Epilepsy Awareness, Support, and Education”
- Free online self-management program for people with epilepsy
- Has 3 modules (medication management, stress management, sleep management) you can use to set goals and create a personal plan to get better control over your epilepsy

Living Well With Epilepsy (<http://livingwellwithepilepsy.com/epilepsy-101>)

- An online community created by a woman with epilepsy
- Share stories about epilepsy with other people like you
- Learn more about how to live well with epilepsy

Social Media Platforms



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Some people with epilepsy might enjoy being part of a social network. My Epilepsy Team is social network and online support group for people living with epilepsy. It's like Facebook for people with epilepsy. (<https://www.myepilepsyteam.com/>)

In-person Support Groups

Some people with epilepsy might like being part of online communities. For other people, it might feel good to have an in-person local support group. The Epilepsy Foundation is a good way to find local support groups that give you a chance to meet other people with epilepsy who live in your area. Go to www.epilepsy.com and click “Find us in your area” and you can choose a state or enter your zip code. There might be different types of groups you can join in your local community:

- Support groups for adults
- Support groups for older teenagers
- Support groups for families



You might want to join both online and local support groups. It may take some time to try different support groups to see which type works best for you.