

# Talking about your Epilepsy



Talking about your epilepsy with others can feel difficult at first, although it doesn't always have to be. It is normal to feel a little awkward or nervous, but luckily most people will be understanding and supportive if they have the right information.

You might be comfortable telling everyone about your epilepsy, or you might want to limit how much you discuss it – the decision is up to you. Think about what people need to know most, and what would make you feel safe and supported. If you are around certain people regularly, it is important that they know what to expect, and what to do if you have a seizure.

You might not want to tell people about your epilepsy at all, because you don't want them to act differently towards you. This is totally understandable, although if you talk about your epilepsy in a positive and straightforward way, it is likely that others will follow your example.

It might be a good idea to develop an [Seizure Management Plan \(SMP\)](#). A Seizure Management Plan can help you inform others about your support needs in a straightforward way. If you have been prescribed emergency medication, your doctor should provide you with an [Emergency Medication Management Plan \(EMMP\)](#)