

# Transition to Adult Health Services



Transitioning from paediatric to adult health services: a young persons guide

Are you a teenager with Epilepsy?

This helpful print out guide: [Transition from paediatric to adult health services: a young person's easy guide](#) provides useful information to get you started on your adult health services journey. This guide may help you plan and navigate your transition. Please read it with a buddy, parent or support person. You may find helpful advice and tips to achieve a successful transition.