EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

Discussing your epilepsy



Talking with someone will help them understand and support you better

Talking about your epilepsy with others can be hard sometimes. 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 not – 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 around you. This is totally understandable, but 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 chat with your parents and doctor to see if they have any ideas, or to help you develop a Seizure Management Plan. A Seizure Management Plan can help you inform others about your support needs in a straightforward way – it doesn't have to be a big deal.

0800 37 45 37
national@epilepsy.org.nz
www.epilepsy.org.nz

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