

# Mood and Feelings



Many people feel misunderstood and lonely during their teenage years, regardless of whether they have epilepsy. However, you don't have to struggle alone, as there are always people who want to help.

People who might be worth chatting to include your parents, close friends, doctor, psychologist, or school counsellor.

If you want some confidential support for mental health and wellbeing, you can also contact any agency to suit your needs which are listed on at [Health NZ](https://www.health.govt.nz/).



**0800 37 45 37**



**[national@epilepsy.org.nz](mailto:national@epilepsy.org.nz)**



**[www.epilepsy.org.nz](https://www.epilepsy.org.nz)**