

Let's 'Talk About It!'



LET'S 'TALK ABOUT IT!'

Talk About It! is an international awareness campaign that encourages open conversations about epilepsy and challenges the stigma and discrimination still faced by many people living with the condition.

Epilepsy New Zealand proudly celebrates *Let's Talk About It!* each **November**, helping to raise awareness, promote understanding, and support inclusion across Aotearoa New Zealand.

☒ Learn more about the origins of the campaign at talkaboutit.org.

We're Looking for Your Story

Our vision is a **New Zealand free from discrimination and stigma**, where the impact of epilepsy on individuals, whānau, and communities is minimised.

Your story can help make a difference. By sharing your experience, you can help others understand what it's like to live with epilepsy and show that no one faces this journey alone.

If you or someone you know would like to share their story, please **fill out the form at the bottom of this page** so we can capture and share your experience.

We extend our sincere thanks to everyone who has already shared their journey with us.



0800 37 45 37



national@epilepsy.org.nz



www.epilepsy.org.nz

SUPPORT OUR WORK

Donations help fund our **nationwide team of Epilepsy Educators**, providing vital information and support to individuals, whānau, and communities affected by epilepsy.

[Donate today](#) to help us continue this essential work.

Stay Connected: Follow **Epilepsy New Zealand** on [social media](#), share our posts, and subscribe to our [newsletter](#) to stay up to date with the latest news, events, and stories.

EPILEPSY NEW ZEALAND ON YOUTUBE

Epilepsy New Zealand is proud to share personal stories and lived experiences from members of our epilepsy community on our [YouTube channel](#). These stories highlight the diversity of experiences and the strength of those living with epilepsy.

Here is a video from Matt.



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LET'S TALK ABOUT IT! MY STORY

SUBMISSION FORM

*By filling out this form, you're giving us permission to share your story on our website and social media pages. Your name and contact details will not be published.

(Required)

Name

First Last

Email(Required)

Phone

(Required)

• Would you be willing to create a video of your story and share it with us?

☐ Yes

☐ No

(Required)

Consent

☐ I agree to the privacy policy.

By filling out this form, you're giving us permission to share your story on our website and social media pages. Your name and contact details will not be published.

Please share your story about living with epilepsy. For example, Triumphs, Work Issues, Challenges, Social Impacts, Success Stories, Experiences..

Submit



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