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

Let's 'Talk About It!'



Stories are shared on ENZ social media pages.

LET'S 'TALK ABOUT IT!'

Epilepsy New Zealand proudly celebrates *Let's Talk About It!* each **November.**

Talk About It! encourages people across Aotearoa New Zealand to start open conversations about epilepsy, share their experiences, and help break down stigma and misconceptions. Every conversation helps build greater understanding and support for people living with epilepsy and their whānau.

Learn more about the international 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.

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. Let's Talk About It! helps to raise awareness, promote understanding, and support inclusion across Aotearoa New Zealand.

Let's Talk About It! stories are shared on ENZ Facebook Page and Instagram.

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

LET'S TALK ABOUT IT!

Here is a story received in celebration of Let's Talk About It!

"My goal was to be a nurse up at Starship to help other kids like myself. I was nearly finished my second year studying to be a nurse when my seizures were so frequent that I was putting patients at risk. That goal got put on the back burner, but I set a new goal. A different way to help children was to become a teacher, which I am. I teach health, PE and mathematics.

Sports wise, my goal was to get as far as I could playing football. I didn't get very far as I was having seizures every time I played. The next goal was to become a football referee instead. This has probably been one of my biggest achievements... I'm now a National League referee; every weekend for the next 9 weeks, I'm on a plane to Auckland, Wellington, Christchurch or Dunedin to referee women's National League Football. AND I have not had a seizure since I swapped from playing football to refereeing football!!"

We'd love to share your epilepsy story – please complete the form below:

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.

(Required)
Name
First ☐ Last ☐
Permission to use my first name on social media
☐ Yes
☐ No
Email(Required)
☐
Phone
☐
Tell us a bit about your personal experience with epilepsy, how it has impacted your daily life, and what changes have you made to deal with it the best you can?
Please note your story may be edited and condensed for social media purposes.
We'd love to help share your story and raise awareness of epilepsy. If you have an image you would

like to share, please upload it here.
Choose File Accepted file types: jpg, jpeg, png, gif.
(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 contact details will not be published.

Submit

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 shares personal stories and lived experiences from our epilepsy community on our YouTube channel, helping raise awareness and understanding across Aotearoa.

Here is a video from Matt.





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