

## Epilepsy Action

Epilepsy Action is a national charity that provide information, guidance and support for people affected by epilepsy.

As a member-led association, they are led by and represent people with epilepsy, their friends, families and healthcare professionals.

They provide:

- a helpline to give support and advice,
- virtual support groups for parents, carers, people newly diagnosed with epilepsy, Employability and epilepsy, menopause and epilepsy and a men's group.
- telephone befrienders who can chat to you by phone or online.
- information, guides and online learning about epilepsy.

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**Telephone 2:** 0113 210 8800

**Telephone 2 note:** Epilepsy Action head office

**Website:** [www.epilepsy.org.uk](http://www.epilepsy.org.uk)

**Helpline:** 0808 800 5050

*Epilepsy Action Helpline*

**Email:** [helpline@epilepsy.org.uk](mailto:helpline@epilepsy.org.uk)

**Twitter:** <https://twitter.com/epilepsyaction>

**Facebook:** <https://www.facebook.com/epilepsyaction>

**Youtube:** <http://www.youtube.com/user/epilepsyaction>

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