



Where to get further information following a diagnosis of epilepsy

The following links will signpost you to further information and advice and may be useful following your epilepsy diagnosis.

General information about epilepsy

[About epilepsy \(Epilepsy Action\)](#)

[Facts about epilepsy \(Epilepsy Society\)](#)

[Just diagnosed: How epilepsy might affect you \(Epilepsy Society\)](#)

Diagnosing epilepsy

[Diagnosis \(Epilepsy Action\)](#)

Epilepsy treatments

[Treatment \(Epilepsy Action\)](#)

[NICE guideline on anti-epileptic drugs \(AEDs\) \(Epilepsy Society\)](#)

[Epilepsy surgery \(Epilepsy Society\)](#)

[Vagus nerve stimulation \(VNS\) therapy \(Epilepsy Society\)](#)

Epilepsy and first aid

[First aid for seizures \(Epilepsy Action\)](#)

[First Aid – What to do if someone has a seizure \(Epilepsy Society\)](#)

[Putting someone into the recovery position \(Epilepsy Society\)](#)

Driving and epilepsy

[Driving and epilepsy \(Epilepsy Action\)](#)

[Driving regulations quick guide \(Epilepsy Society\)](#)

[Epilepsy and driving \(Gov UK\)](#)

Wellbeing (memory, sleep, stress, low mood and depression)

[Health and wellbeing \(Epilepsy Action\)](#)

[Wellbeing and epilepsy \(Epilepsy Society\)](#)

[Sleep factsheet \(Epilepsy Society\)](#)

Living well with epilepsy (safety, SUDEP, sport and leisure, alcohol, travel, your rights, women's issues, caring for children)

[Charlie Card – SUDEP Action](#)

[Living with epilepsy \(Epilepsy Action\)](#)

[Practical guidance of staying safe \(Epilepsy Action\)](#)

[Alcohol and epilepsy \(Epilepsy Action\)](#)

[Travel and holidays \(Epilepsy Society\)](#)

[Sports and leisure \(Epilepsy Action\)](#)

[Maternity epilepsy shared-care toolkit designed for use before, during and following pregnancy \(Women with Epilepsy\)](#)

[Pregnancy and epilepsy \(Epilepsy Action\)](#)

[Issues for women \(Epilepsy Society\)](#)

[Looking after a baby or young child when you have epilepsy \(Epilepsy Action\)](#)

[Epilepsy and your rights \(Epilepsy Action\)](#)

Work and epilepsy

[Work and epilepsy \(Epilepsy Action\)](#)

[Employment guide \(Epilepsy Society\)](#)

Benefits

[Free NHS prescriptions](#) – ask your doctor for an FP92A form to apply for a medical exemption certificate (MedEx).

[Help with health costs \(medical exemption certificate\) \(NHSBSA\)](#)

[Disabled persons bus pass \(Gov UK\)](#)

[Help with travel costs \(Epilepsy Society\)](#)

[Disabled persons rail card \(National Rail\)](#). Entitles you to 1/3 off rail travel.

[What help is available \(Epilepsy Society\)](#)

Personal independence payment

[Personal Independence Payment \(PIP\) \(Epilepsy Action\)](#)

[Personal Independence Payment \(PIP\) \(Gov UK\)](#)

Support groups

[Epilepsy Berkshire](#)

[Epilepsy Action face to face groups](#)

[Sudden Unexpected Death in Epilepsy \(SUDEP UK\)](#)

Contacting us

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To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.
