



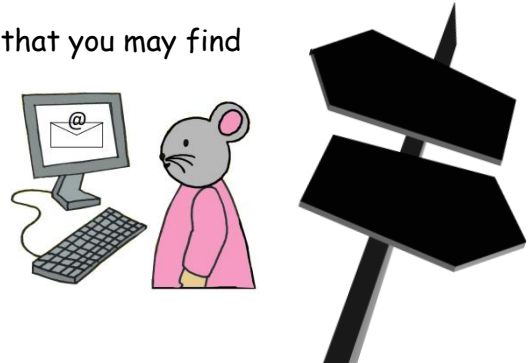
MICE  
Mental health interventions for Children with  
Epilepsy

# Roadmap of Resources

There is a lot of information to read when you/your child first gets diagnosed with epilepsy (and throughout childhood). In order to help with this, we have tried to break down the main bits of information and have provided some resources which you may find useful. We have grouped these by subject to make it easier for you to navigate through this roadmap.

For **general information** about epilepsy, here are websites that you may find helpful:

- <http://www.youngpilepsy.org.uk>
- <https://www.epilepsy.org.uk>
- <https://www.epilepsysociety.org.uk>



For more **specific information**, see below:

Area/Topic	Possible resource
<b>Clinical</b>	
Attention Deficit Hyperactivity Disorder	<a href="https://thechannel.org.uk/wellbeing/epilepsy-and-adhd#:~:text=Studies%20suggest%20that%2030-40,adults%20in%20the%20general%20public.">https://thechannel.org.uk/wellbeing/epilepsy-and-adhd#:~:text=Studies%20suggest%20that%2030-40,adults%20in%20the%20general%20public.</a>
Autism Spectrum Disorder	<a href="https://epilepsyresearch.org.uk/our-research/research-blog/the-link-between-epilepsy-and-autism/?gclid=CjwKCAjwT52mBhB5EiwA05YKo0wqfEbF7WMpa-fnShho0pe1fNfOYBuOBFzUwH5W2J1vluow4PSA2BoC1F8QAvD_BwE">https://epilepsyresearch.org.uk/our-research/research-blog/the-link-between-epilepsy-and-autism/?gclid=CjwKCAjwT52mBhB5EiwA05YKo0wqfEbF7WMpa-fnShho0pe1fNfOYBuOBFzUwH5W2J1vluow4PSA2BoC1F8QAvD_BwE</a>
Disabilities	<a href="https://contact.org.uk/">https://contact.org.uk/</a>
Learning Difficulties	<b>Link between epilepsy and LD:</b> <a href="https://www.epilepsysociety.org.uk/learning-disabilities#.WyuKT02Wy73">https://www.epilepsysociety.org.uk/learning-disabilities#.WyuKT02Wy73</a> <b>Explaining epilepsy:</b> <a href="https://www.epilepsy.org.uk/living/for-carers">https://www.epilepsy.org.uk/living/for-carers</a>
<b>Epilepsy</b>	
Epilepsy treatment	<a href="https://www.youngpilepsy.org.uk/about-epilepsy/epilepsy-treatment/">https://www.youngpilepsy.org.uk/about-epilepsy/epilepsy-treatment/</a> <b>Medication:</b> <a href="https://www.youngpilepsy.org.uk/about-epilepsy/treatment-for-epilepsy/antipileptic-medication.html">https://www.youngpilepsy.org.uk/about-epilepsy/treatment-for-epilepsy/antipileptic-medication.html</a> <b>All medication:</b> <a href="https://www.medicinesforchildren.org.uk/medicines?medicine-search=epilepsy">https://www.medicinesforchildren.org.uk/medicines?medicine-search=epilepsy</a> <b>Diet:</b> <a href="https://www.youngpilepsy.org.uk/about-epilepsy/treatment-for-epilepsy/dietary-treatments.html">https://www.youngpilepsy.org.uk/about-epilepsy/treatment-for-epilepsy/dietary-treatments.html</a>
First Aid Quick Guide	<a href="https://www.epilepsysociety.org.uk/seizure-first-aid#.WyuKzn8na72">https://www.epilepsysociety.org.uk/seizure-first-aid#.WyuKzn8na72</a>
For the young person	<a href="https://www.youngpilepsy.org.uk/for-young-people/">https://www.youngpilepsy.org.uk/for-young-people/</a>
Safety at home	<a href="https://www.youngpilepsy.org.uk/sites/default/files/dmdocuments/Safety_precautions_125.pdf">https://www.youngpilepsy.org.uk/sites/default/files/dmdocuments/Safety_precautions_125.pdf</a>
Seizures	<b>General information:</b> <a href="https://www.youngpilepsy.org.uk/about-epilepsy/epilepsy-seizures/">https://www.youngpilepsy.org.uk/about-epilepsy/epilepsy-seizures/</a> <b>Management:</b> <a href="https://www.youngpilepsy.org.uk/about-epilepsy/seizures/managing-seizures.html">https://www.youngpilepsy.org.uk/about-epilepsy/seizures/managing-seizures.html</a> <b>Night time seizures:</b> <a href="https://www.youngpilepsy.org.uk/sites/default/files/dmdocuments/Night-Time-Safety-equipment.pdf">https://www.youngpilepsy.org.uk/sites/default/files/dmdocuments/Night-Time-Safety-equipment.pdf</a> <b>Seizure diary:</b> <a href="https://www.epilepsy.org.uk/living/seizure-diary">https://www.epilepsy.org.uk/living/seizure-diary</a>
Sleep	<a href="https://epilepsysociety.org.uk/about-epilepsy/epileptic-seizures/seizure-triggers/sleep-epilepsy">https://epilepsysociety.org.uk/about-epilepsy/epileptic-seizures/seizure-triggers/sleep-epilepsy</a>

Sudden unexpected death in epilepsy (SUDEP)

<https://sudep.org/>

Surgery [https://www.youngpilepsy.org.uk/dmdocuments/Neurosurgery-1303-2%20\(1\).pdf](https://www.youngpilepsy.org.uk/dmdocuments/Neurosurgery-1303-2%20(1).pdf)

### General support for the child and family

I have epilepsy... <https://www.youngpilepsy.org.uk/support-you/i-have-epilepsy>

### General mental health resources

Youth in mind <http://youthinmind.info/py/yiminfo/>

MindEd <https://mindedforfamilies.org.uk/young-people/>

### Transitioning to adulthood

General information <https://epilepsyspace.org.uk/medical-issues/transition/>

Higher education <https://www.epilepsy.org.uk/living/education-and-epilepsy/going-to-college-or-university>

Contraception <https://epilepsysociety.org.uk/living-epilepsy/women/contraception-and-epilepsy>

Alcohol <https://www.epilepsy.org.uk/info/daily-life/alcohol>

Driving <https://www.epilepsy.org.uk/info/driving>

Keep up-to-date with the **latest research** here:

<https://www.youngpilepsy.org.uk/for-professionals/research/>

<https://epilepsysociety.org.uk/what-we-do/research>

<https://epilepsyresearch.org.uk>



**Epilepsy Action Helpline – 0808 800 5050** (free to call from UK landlines and mobiles). 8.30am to 5.30pm, Monday to Friday. Helpline advice in 150 languages

**Epilepsy Action text service – 0753 741 0044** (aim to reply within 24 hours)

**Young Epilepsy – 01342 831342**. 9am – 1pm, Monday – Friday.

**Epilepsy Society – 01494 601 400**. Monday & Tuesday 9am-4pm, Wednesday 9am-7.30pm

#### In the case of an emergency:

- Dial **999** or go to your nearest **Accident and Emergency** department
- Call your **GP**

#### For emergencies related to mental health

*For children/young people*

**Confidential counselling service for children and young people:**

Call **Childline – 0800 1111** or visit their website <https://www.childline.org.uk/>

*For adults*

**Service that provides emotional support for anyone:**

Call **Samaritans – 116 123** or email them [jo@samaritans.org](mailto:jo@samaritans.org)