How Do I Tell My Friends & Family I Have Epilepsy?

There are many ways to share this news with family and friends. Sometimes, it is hard to say in person or over the phone. A letter can be a great way to tell family and friends, while also giving helpful tips and information on specifics to your diagnosis.

what to include in your letter:

- General information about what epilepsy is
- Specifics to YOU (what you can’t find on the internet) such as certain triggers you have, what medication you take, or emergency contacts
- How you can be supported best throughout this diagnosis
- Anything specific to helping you when having a seizure, and general seizure safety if they are unaware
Dear [Name],

I hope you are doing well. I am writing you this letter because I was recently diagnosed with a condition called epilepsy, and I think you should be aware of it.

Epilepsy is a condition that causes people to have seizures. When a seizure happens it means there is abnormal electrical activity in the brain, which can cause many different physical reactions.

There are lots of different types of epilepsy and seizures. The type of epilepsy I have is called _____________________________. This means, when I have a seizure it will look like _____________________________.

This can be scary to see or be around, but I am still the same person! If you are with me and I have a seizure, please follow these steps to ensure I am safe: ____________ _____________________________.

I also want you to know that epilepsy is not contagious. Spending time with me does not mean you will start having seizures. It is important to me that I have friends and family who are educated on the topic of epilepsy and seizure safety. Some more things you should know that are specific to me and my diagnosis are: ____________ _____________________________.

Epilepsy is a common neurological condition, 1 in 26 people will be diagnosed in their lifetime. It is important to always be supportive of people struggling with an invisible disability, but also remember that epilepsy does not define me, and I am still the same friend, family member and person. Thank you for taking the time to start to learn about epilepsy and the specifics of how it affects me!

Best,
your friend.