

epilepsy *action*

**Northern
Ireland**

**talk
and
support**

Talk and Support counselling service – Northern Ireland

Adults affected by epilepsy and their carers can experience difficult times in their lives. Talking to someone you trust can make a real difference.

Our Talk and Support counselling service offers support through:

- One-to-one online or telephone counselling
- One off single session therapy sessions to discuss a specific issue
- Online therapeutic support groups

Our professional counselling service is available to adults:

- Over 18 years
- Living in Northern Ireland
- Affected by epilepsy, caring for someone affected by epilepsy or the parent of someone affected by epilepsy

The service is confidential and free.

Find out more

epilepsy.org.uk/counselling

 **02890 184 015**



Epilepsy Action Helpline:
freephone 0808 800 5050
text 07479 638 071
email helpline@epilepsy.org.uk
epilepsy.org.uk

Registered charity in England and Wales (No. 234343)

