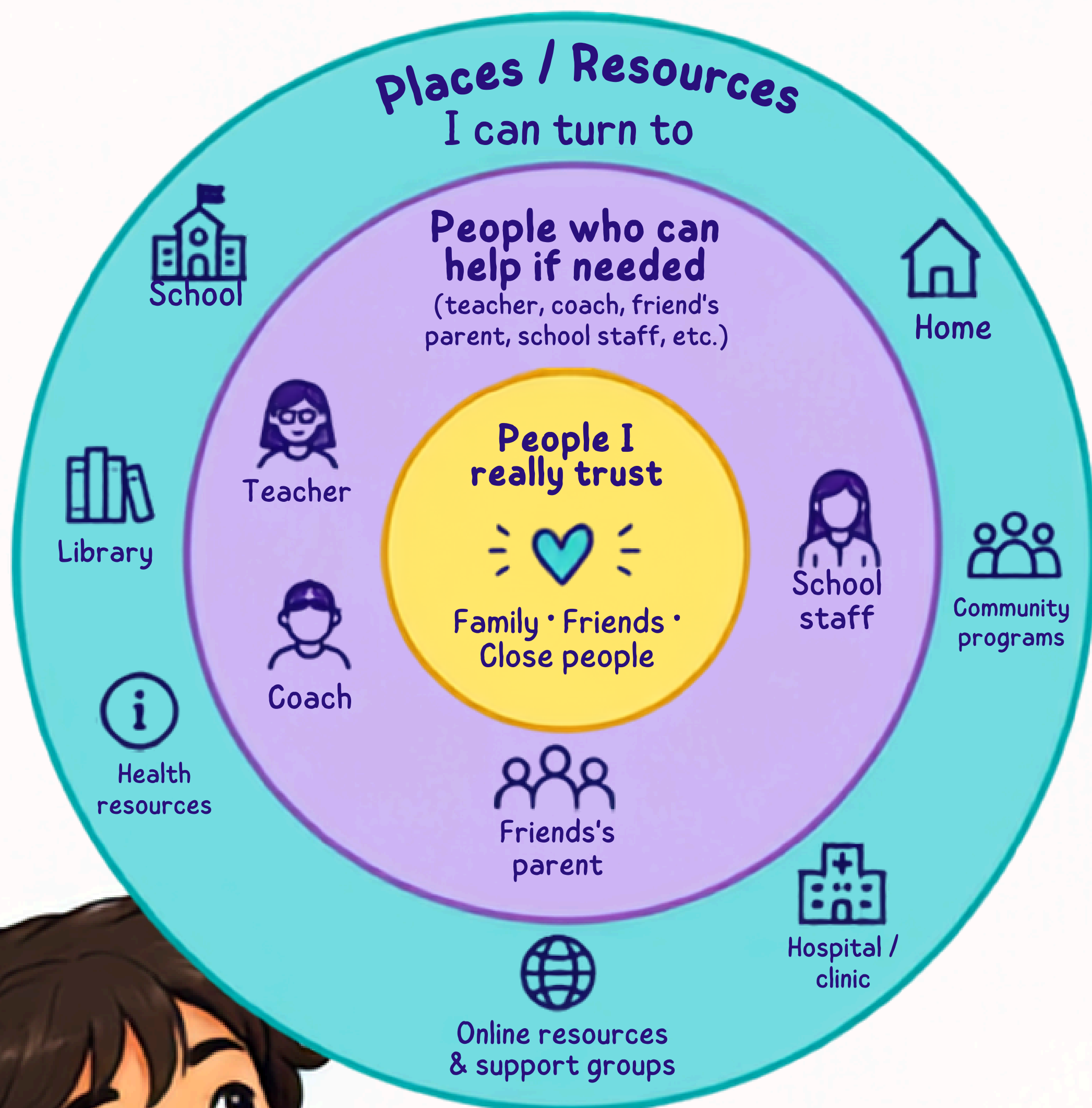




My Seizure Safety Circle

Build your support. Feel more in control.

You're not alone.
You have a team!



Think About This...

- 1 Who knows about my epilepsy?
- 2 Who knows what to do if I have a seizure?
- 2 Who could I text or call if I'm worried?
- 4 Is there someone I would like to teach about seizure first aid?

Why It Helps

Real Support Makes a Big Difference

It turns a vague fear—"Nobody will know what to do"—into a concrete support network.

Your epilepsy journey isn't one you have to take alone.

