



Scotland's voice for epilepsy

48 Govan Road, Glasgow G51 1JL
enquiries@epilepsyscotland.org.uk
Switchboard: 0141 427 4911
www.epilepsyscotland.org.uk
Helpline text: 07786 209 501
Typetalk welcome

Charity no: SC 000067



AWARDS
FOR ALL
SCOTLAND

LOTTERY FUNDED

**Check out our
website. It's packed
with helpful stuff.**

www.epilepsyscotland.org.uk



**This is what we
can do for you:**

- Emotional and practical support through our confidential Helpline
- A wide range of printed information on epilepsy
- Different ways of supporting people
- Training in epilepsy awareness
- A network of support groups and local contacts

**We're here
to help**



**In case of emergency,
please contact:**

My name:

Tel:

Contact:

Free & confidential epilepsy helpline

0808
800
2200

We can talk to you in over 170 languages

Linia Pomocy dla Epileptyków
nieodpłatna i poufna

خط المساعدة لحالة الصرع

مجاني و سري

مرگی سے متعلق ہیلپ لائن

مفت اور رازدارانہ

ऐपिलेप्सी हेल्पलाईन

(मिमी के बारे में मदद देने वाली फ़ोन-लाइन)
मुक्त और गोपनीय हॉट से सलाह

ਐਪੀਲੈਪਸੀ ਹੈਲਪਲਾਈਨ

(ਮਿਰਬੀ ਦੇ ਬਾਰੇ ਮਦਦ ਦੇਣ ਵਾਲੀ ਫੋਨ-ਲਾਈਨ)
ਮੁਫਤ ਅਤੇ ਗੁਪਤ ਚੰਗਾ ਨਾਲ ਸਲਾਹ

এপিলেপ্সি হেল্পলাইন

বিনামূল্যে এবং গোপনীয়

癲癇症求助熱線

免費保密熱線

Tinneas tuiteamach - fòn loidhne an-
asgaidh agus diomhair

Text us

07786 209 501

Basic first aid for seizures

- Time the seizure – if it lasts for more than 5 minutes (or longer than is normal for that person), call an ambulance
- Clear space around the person
- Put something soft under the person's head
- Turn the person onto their side when convulsions (jerking) have stopped
- Stay with the person until they have regained consciousness

Helpline: 0808 800 2200

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epilepsy scotland

