Driving and epilepsy
Epilepsy Action aims to improve the quality of life and promote the interests of people living with epilepsy.

**Our work...**

- We provide information to anyone with an interest in epilepsy
- We improve the understanding of epilepsy in schools and raise educational standards
- We work to give people with epilepsy a fair chance of finding and keeping a job
- We raise standards of care through contact with doctors, nurses, social workers, government and other organisations
- We promote equality of access to quality care

Epilepsy Action has local branches in most parts of the UK. Each branch offers support to local people and raises money to help ensure our work can continue.

**Your support**

We hope you find this booklet helpful. As a charity, we rely on donations to provide our advice and information. If you would like to make a donation, here are some ways you can do this.

- Visit epilepsy.org.uk/donate
- Text ACT NOW to 70700 (This will cost you £5 plus your usual cost of sending a text. Epilepsy Action will receive £5.)
- Send a cheque payable to Epilepsy Action.

Did you know you can also become a member of Epilepsy Action from as little as £1 a month? To find out more, visit epilepsy.org.uk/join or call 0113 210 8800.
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Introduction

If you have epilepsy, and want to know if you can drive, this booklet is for you.

The law says that if you hold a driving licence, or want to start driving for the first time, you must tell the driving agency about your epilepsy. Some people believe that if you have epilepsy, you will never be allowed to hold a driving licence. But for many people with epilepsy this isn’t true.

You may be able to hold a driving licence, depending on:
• The number of seizures you’ve had
• The type of seizures you have
• Whether your seizures happen when you’re awake or asleep
• When your last seizure happened
• The type of vehicle you want to drive

Read on to find out how the epilepsy driving rules apply to you.
Driving agencies

The driving agencies decide if people are allowed to drive. They are also responsible for issuing driving licences.

In England, Scotland and Wales you need to deal with the Driver and Vehicle Licensing Agency (DVLA).

Address: Drivers Medical Enquiries, DVLA, Swansea, SA99 1TU
Tel: 0300 790 6806
Website: gov.uk/health-conditions-and-driving
Email: through website

In Northern Ireland you need to deal with the Driver and Vehicle Agency (DVA).

Address: Drivers Medical Section, DVA, Castlerock Road, Waterside, Coleraine, BT51 3TB
Tel: 0300 200 7861
Website: nidirect.gov.uk/motoring
Email: dva@infrastructure-ni.gov.uk
 Licence types

There are different epilepsy driving rules depending on the type of driving licence you want to hold.

**Group 1 licences** allow you to drive cars, motorcycles and vehicles up to 3,500 kg with up to 8 passenger seats.

**Group 2 licences** allow you to drive buses, coaches and lorries.

More information about the driving licence categories is available at gov.uk/driving-licence-categories
Reporting seizures to the driving agency

I’ve had a seizure, do I need to stop driving?

If you hold a driving licence, and you have a seizure of any kind, you need to stop driving and tell the driving agency. This applies to both full and provisional licence holders.

There are just two exceptions to this. You don’t need to tell the driving agency and can keep driving if:

• You already hold a driving licence that has been issued on the understanding that you have seizures while asleep and
• The seizure you have just had was when you were asleep

OR

• You already hold a driving licence that has been issued on the understanding that you only have seizures that don’t affect your consciousness and
• The seizure you have just had was the same type

Why do I need to stop driving and tell the driving agency?

It’s important to stop driving and tell the driving agency when you’ve had a seizure because:

• There’s a risk you could have a seizure while driving. This could put you and others in danger, and you could be prosecuted
• If you continue driving, you will be breaking the law and could be fined up to £1000
• Your car insurance is unlikely to cover you
It is your responsibility to tell the driving agency. If you don’t do this and carry on driving, anyone could report you to the driving agency. Your doctor may also inform the driving agency if you carry on driving when you shouldn’t. Although doctors have a duty to protect their patients’ confidentiality, over and above this, they have a duty of care to protect the public.

**How do I tell the driving agency that I’ve had a seizure and need to stop driving?**

The driving agencies say that if you need to stop driving because of a medical condition, you should surrender your licence. This means voluntarily sending it back to them.

Before you send back your licence, it’s a good idea to take a photocopy of it, or take a note of your driving licence number. This information will be helpful if you reapply for your licence at a later date.

**How to surrender your licence in England, Scotland and Wales**

Fill in the form ‘Declaration of surrender for medical reasons’ and send it to the address on the form along with your licence. You can download the form from gov.uk/dvla, or call DVLA to request a copy. See page 5 for contact details.

**How to surrender your driving licence in Northern Ireland**

Post both parts of your licence to DVA, along with a covering letter explaining why you are surrendering it. See page 5 for the address.
What’s the advantage of surrendering my licence?

If you surrender your licence you may be able to start driving again as soon as you meet the epilepsy and driving rules, even if you haven’t got your licence back. This is as long as:

• You have applied to get your licence back and
• The driving agency has received your application and
• There are no other medical or legal reasons why you should not be driving

If you don’t surrender your licence, it’s likely the driving agency will take it away (revoke it). If your licence is revoked, when you reapply for your licence you won’t be allowed to drive again until the driving agency has completed their medical enquiries. You will also need to wait till you have received your licence in the post. This can take several weeks.

What if I don’t want to surrender my licence?

You can tell the driving agency about your seizures without surrendering your licence. If you choose to do this, the driving agency will make medical enquiries to see if you’re fit to drive. They will then decide if you can keep your driving licence, or if they will revoke it. You mustn’t drive until the driving agency has told you their decision.

Reporting your seizures without surrendering your licence in England, Scotland and Wales

You can report your seizures to DVLA by completing a medical questionnaire called an FEPI form (for car and motorcycle...
licences) or an FEPIV form (for bus, coach or lorry licences). You can download these forms at gov.uk/dvla, or call DVLA to request them.

Alternatively, you can report your seizures online at gov.uk/report-driving-medical-condition. At the time of writing this option is only available for car and motorcycle licence-holders.

**Reporting your seizures without surrendering your licence in Northern Ireland**
You can report your seizures to DVA by phone or email. They will then send you a medical questionnaire to complete. See page 5 for contact details.

You’ll need to tell your motor insurance company too. See page 26 for more information about motor insurance and epilepsy.
Rules for driving a car or motorcycle (group 1 licence)

When you can drive depends on the type of seizures you have. As well as meeting the specific driving rules for your type of seizures, you must also meet the following conditions:

- As far as you are able, you follow your doctor’s advice about your treatment and check-ups for epilepsy and
- The driving agency is satisfied that as a driver you are not likely to be a source of danger to the public

Choose from the following list to find out when you would be allowed to drive. Or use our online tool at epilepsy.org.uk/drive

- I only have seizures when I’m awake, and they affect my consciousness. See page 11
- I only have seizures when I’m awake, and they don’t affect my consciousness. See page 12
- I only have seizures when I’m asleep. See page 12
- I have seizures when I’m awake and when I’m asleep. See page 13
- I’ve had an isolated seizure. See page 13
- I’ve had a provoked seizure. See page 14

I only have seizures when I’m awake, and they affect my consciousness

If you have seizures when you’re awake, and they affect your consciousness, you will need to be seizure free before you can drive. You are allowed to drive when you have been seizure free for at least 12 months. The 12 month seizure-free period applies from the date of your most recent seizure.
I only have seizures when I’m awake, and they don’t affect my consciousness

If you have seizures that don’t affect your consciousness, you might be able to drive even if you continue having seizures. The driving agency would need to be satisfied that:

• You remain fully alert and able to react during your seizures and
• Your seizures don’t affect your ability to control the vehicle and
• You have been having this type of seizure for at least 12 months and
• You have never had any other type of seizure. See box below

Seizures that don’t affect your consciousness are often called simple partial or focal seizures. But even if you have been diagnosed with this type of seizure it doesn’t necessarily mean you’ll be able to drive. The driving agency will need a detailed description of your seizures before they make a decision.

If you have ever had a seizure that has affected your consciousness you will need to be seizure free for 12 months before you can drive. This applies even if the seizure that affected your consciousness was a long time ago.

I only have seizures when I’m asleep

If your seizures always start when you’re asleep, you may still be able to drive even if you continue having them. They don’t need to be at night. A seizure that starts during a daytime nap also counts as a sleep seizure.
Before they allow you to drive, the driving agency would need to be satisfied that:
• You’ve never had an awake seizure (see box below) and
• You’ve been having sleep seizures for at least 12 months. The 12 months applies from the date of your first seizure

If you’ve ever had an awake seizure, even if it was a long time ago, this rule won’t apply to you. See ‘I have seizures when I’m awake and when I’m asleep.’

I have seizures when I’m awake and when I’m asleep
If you have awake and sleep seizures, you can drive when:
• You’ve been free of both awake and sleep seizures for at least 12 months

If you stop having awake seizures, but you still have sleep seizures, you can drive when:
• You’ve been having sleep seizures only for at least three years. The three years applies from the date of your first sleep seizure after your last awake seizure

I’ve had an isolated seizure
If you’ve had a single seizure and not had any others before or since, the driving agency may class it as an isolated seizure. If so, you may be able to drive when:
• You’ve been seizure free for at least six months and
• Your consultant thinks it is unlikely you will have another seizure
Driving and epilepsy

If you've had a single seizure, but have been diagnosed with epilepsy it's likely the driving agency will say you need to be seizure free for 12 months before you can drive. This is also likely to be the case if you've ever had any seizures in the past, even if it was a long time ago.

**I've had a provoked seizure**

A provoked seizure is a seizure with a clear cause, which is unlikely to happen again. The circumstances in which the driving agency will say a seizure is provoked are very limited.

Here are some examples:
- A seizure at the time of a stroke or mini-stroke, or in the following 24 hours
- A seizure in the first week following a head injury

If you've had seizures in the past, it is very unlikely that the driving agency will decide your seizure was provoked.

A seizure caused by alcohol, drug misuse or lack of sleep would not be classed as provoked.

If you think you may have had a provoked seizure, you should first talk to your doctor. They can contact a medical adviser at the driving agency to find out more on your behalf. If the driving agency believes your seizure was provoked, they will look at your case individually. Based on a doctor's advice, the driving agency will tell you when you can start driving again.
Rules if you change or withdraw your epilepsy medicine

These rules only apply to group 1 licences. You can’t hold a group 2 licence to drive a bus, coach or lorry if you’re taking epilepsy medicines.

I’m changing my epilepsy medicine. Do I need to stop driving?
Your doctor will advise you if you need to stop driving and for how long. You don’t need to tell the driving agency or return your licence, unless you have a seizure.
I’m withdrawing my epilepsy medicine. Do I need to stop driving?
The driving agencies recommend that for safety, you should stop driving during the period of medicine withdrawal, and for six months after withdrawal is complete. Your doctor will tell you if you can start driving again earlier than this. You don’t need to tell the driving agency or return your licence, unless you have a seizure.

What happens if I have a seizure while I’m changing or withdrawing my epilepsy medicine?
If you have a seizure while changing or withdrawing your epilepsy medicine, in most cases you’ll need to stop driving and surrender you licence. You’re likely to lose your licence for 12 months, but you may be able to get it back sooner than this if you go back to the medicine that previously controlled your seizures. This may apply if:
• You’ve been back on that treatment for at least six months and
• You’ve been seizure free since going back on that treatment

There are just two exceptions where you don’t need to stop driving and surrender your licence. These are:
• You have a licence based on having sleep seizures, and the seizure you had was a sleep seizure or
• You have a licence based on having seizures that don’t affect your consciousness, and the seizure you had was the same type
Rules for driving a bus, coach or lorry (group 2 licence)

Choose from the options below to find out when you would be allowed to drive.

I’ve had two or more seizures
You can apply to have group 2 entitlements added to your driving licence when:
• You hold a full car licence and
• You’ve been seizure free for at least ten years and
• You’ve not taken epilepsy medicine during this ten year period and
• The driving agency is satisfied that you are not likely to be a danger to the public

You may also need to have an assessment by a neurologist.

I’ve had an isolated seizure
If you’ve had a first seizure and not had any others since, it may be classed as an isolated seizure. If so, you can apply to have group 2 entitlements added to your licence when:
• You hold a full car licence and
• You’ve been seizure free for at least five years and
• You’ve taken no epilepsy medicine in that time and
• The driving agency is satisfied that you’re not likely to be a danger to the public

You may also need to have an assessment by a neurologist.
I’ve had a provoked seizure
A provoked seizure is a seizure with a clear cause, which is unlikely to happen again. The circumstances in which the driving agency will define a seizure as provoked are very limited.

Here are some examples:
• A seizure at the time of a stroke or mini-stroke, or in the following 24 hours
• A seizure in the first week following a head injury

If you’ve had seizures in the past, it is very unlikely that the driving agency will decide your seizure was provoked.

A seizure caused by alcohol, drug misuse or lack of sleep would not be classed as provoked.

If you think you may have had a provoked seizure, you should first talk to your doctor. They can contact a medical adviser at the driving agency to find out more on your behalf. If the driving agency believes your seizure was provoked, they will look at your case individually. Based on a doctor’s advice, the driving agency will tell you when you can start driving again.
Applying or reapplying for a driving licence

How can I apply for a driving licence for the first time?

Before you can start driving you will need a provisional driving licence. You'll need to meet the same epilepsy driving rules as for a full group 1 licence. You can apply for your provisional licence online, or complete an application form available from Post Offices.

I’m allowed to drive again. How do I get my driving licence back?

You can reapply for your licence up to eight weeks before the date you meet the legal standard for driving. For most people this date will be 12 months after their last seizure, but this might be different depending on the type of seizures you have. See the section on the epilepsy driving rules to check.

Before you reapply, check with your doctor that they agree you're fit to drive again. If they think you meet the epilepsy driving rules, you can then start the process of reapplying.

To reapply, you'll need to fill in a driving licence application form and a medical questionnaire. There are different forms depending on whether you’re applying for a group 1 or group 2 licence. Contact the relevant driving agency to order the forms you need. See page 5 for contact details.
What information will the driving agency need?

If you’re in England, Scotland or Wales and reapplying to DVLA, you’ll need to complete the medical questionnaire yourself. You’ll need to give details about your seizures. You’ll also have to give contact details for your GP and your consultant, and give permission for DVLA to ask them about your fitness to drive.

If you’re in Northern Ireland and reapplying to DVA, you’ll need to get your GP to complete the medical questionnaire.

I’ve reapplied for my licence. When can I start driving again?

When you can start driving again depends on whether you surrendered your licence, or whether it was formally withdrawn (revoked) by the driving agency.

If you surrendered your licence

If you surrendered your licence you may be able to start driving again as soon as you meet the epilepsy driving rules, even if you haven’t yet received your new licence. This would be possible if:
• The driving agency has received your application and
• There are no other medical or legal reasons why you should not be driving

Full information about this is available in the leaflet ‘INF188/6 - Can I drive while my application is with DVLA?’ This is available to download from gov.uk/dvla
If your driving licence was revoked

If your driving licence was revoked you’ll have to wait until all medical enquiries are complete. You’ll also need to have your driving licence back before you can start driving again.

How long will my driving licence be issued for?

When you get your driving licence back, it will be medically restricted. Medically restricted licences can be for one, two, three or five years.

If you have been seizure free for five years, the driving agency may issue you with a ‘till 70’ licence.

I’ve got my group 1 licence back but the categories of vehicle I can drive has changed. Why is that?

Group 1 licences issued before 1 January 1997 included the categories C1 (lorries weighing between 3.5 and 7.5 tonnes) and D1 (minibuses, 9-16 seats, not for hire or reward). Licences issued after 1 January 1997 do not include these categories. If you’ve had to give up your pre-1997 licence for medical reasons, the C1 and D1 categories will have been taken off.
What to do if you don’t agree with the driving agency’s decision

If you disagree with the driving agency’s decision to revoke or refuse your licence, you can write to them to ask them to reconsider. With your letter, you will also need to include:

- Evidence that you meet the required standards for driving (for example, a letter from your GP or neurologist)
- The reference number from the letter the driving agency sent you
Reasons why the driving agency might review their decision

A wrong diagnosis
If you think you have been wrongly diagnosed with epilepsy, you should first talk to your doctor. If necessary, ask to have another opinion from an epilepsy specialist. If your diagnosis changes, write to the driving agency, telling them you would like them to review their decision, and why. The driving agency will base their decision on whether you can have a licence on the information they get from you and your doctor.

A misunderstanding of your case
If you think the driving agency has misunderstood your case, you, or ideally your doctor, should write to the driving agency with further details. You can also send them copies of any new, relevant, medical information. This information may show that your diagnosis has changed, or that your case is, in some way, exceptional.

An administrative error
If you think the driving agency has made an administrative error, you should contact them, telling them what error you believe they have made. If this doesn’t resolve the issue, you may then want to seek legal advice.

Reasons why the driving agency cannot review their decision
The driving agency cannot review their decision if you don’t meet the epilepsy driving rules. In this situation it isn’t legally
possible for them to issue you with a licence. There are no exceptions to this, even if you feel you really need a licence.

How can I make an appeal against the driving agency’s decision?

If your request for a review of the driving agency’s decision isn’t successful, and you still believe their decision is unlawful, you may decide to make a formal appeal. The driving agency should send you details of the appeals process at the time of the licence decision.

If you decide to go ahead with an appeal, it’s really important to get legal advice first. People very rarely win appeals to do with epilepsy regulations. And if you don’t win, you have to pay the driving agency’s costs.

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<th>Your country</th>
<th>Who to appeal to</th>
<th>Time you have to appeal</th>
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<tr>
<td>If you live in England or Wales</td>
<td>Your local magistrate’s court</td>
<td>Six months from the date of DVLA’s decision</td>
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<td>If you live in Scotland</td>
<td>Your local sheriff’s court</td>
<td>21 days from the date of DVLA’s decision</td>
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<td>If you live in Northern Ireland</td>
<td>Departmental Solicitors Office</td>
<td>Three months from the date of DVA’s decision letter</td>
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<td>79 Chichester Street</td>
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Insurance, travel costs and work

Motor insurance
You’ll need to tell your insurer about your epilepsy for your motor insurance to be valid. If you need to give up your driving licence it can be difficult to keep your vehicle insured (for example to insure it against theft). This is because most insurers say you must have a current valid driving licence. But it’s worth shopping around, as some insurance companies offer insurance for vehicles that are off the road, called ‘laid up cover’.

If you’ve got your licence back, insurance companies should not use your epilepsy or the fact that you have a restricted licence as a reason to put up your premiums or refuse to insure you. If they do, they must be able to provide evidence explaining why. If they can’t provide evidence they could be guilty of disability discrimination under the equality laws. Contact Epilepsy Action for more information about insurance and the equality laws.

Help with bus and train fares
If you would be refused a driving licence because of your epilepsy, you can apply for a bus pass to get free or discounted bus travel. You can also apply for a disabled person’s railcard to get one-third off rail fares. Contact Epilepsy Action for more information.

Access to work
If you can’t drive because of your epilepsy, you might be able to get help from a government scheme called Access to Work.
This can sometimes help with the additional costs of travel to and from work, and also travelling while at work.

For more information, visit one of the following websites:
England, Scotland and Wales: gov.uk/access-to-work
Northern Ireland: nidirect.gov.uk (search for Access to Work)

**Adjustments at work**

If you normally drive as part of your job, your employer may be able to make changes to work around you not being able to drive. Examples of changes they could make include pairing you with another member of staff who has a driving licence, or switching you to office-based duties. Contact Epilepsy Action for more information about your rights at work and reasonable adjustments.
Driving for a living

Am I allowed to drive a taxi?

To drive a taxi you need to apply for a taxi operator licence from your local authority. Each local authority sets its own taxi licence requirements, but most require you to meet the medical standards to hold a group 2 driving licence. See page 17 for the rules for holding a group 2 licence.

Am I allowed to drive a forklift truck or farm machinery?

If you want to drive a forklift truck or farm machinery on private land, by law you don’t need a driving licence. However, if your seizures are not well controlled, it could put you or others at risk when you are driving. The Health and Safety Executive encourages workplaces to assess a worker’s fitness to drive on a case-by-case basis.

If you need to drive any vehicle on the public highway, you will need to meet the epilepsy driving rules to hold a driving licence for that type of vehicle. The type of licence required will depend on the size of vehicle involved.
About this publication

This booklet is written by Epilepsy Action’s advice and information team, with guidance and input from people living with epilepsy, and experts at DVLA. If you would like to know where our information is from, or there is anything you would like to say about this booklet, please contact us.

Epilepsy Action makes every effort to ensure the accuracy of information in its publications but cannot be held liable for any actions taken based on this information.

Date: March 2017
Due for review: March 2018
Code: B005.05

Our thanks

Epilepsy Action would like to thank Ed Foxell at DVLA for his contribution to this information. Ed Foxell has declared no conflict of interest.
First aid for tonic-clonic seizures

The person goes stiff, loses consciousness and falls to the floor.

Do...
• Protect the person from injury (remove harmful objects from nearby)
• Cushion their head
• Aid breathing by gently placing the person on their side (in the recovery position) when the seizure has finished (see picture)
• Stay with them until recovery is complete
• Be calmly reassuring

Don’t...
• Restrain the person’s movements
• Put anything in their mouth
• Try to move them unless they are in danger
• Give them anything to eat or drink until they are fully recovered
• Attempt to bring them round

Call 999 for an ambulance if...
• You know it is the person’s first seizure or
• The seizure continues for more than five minutes or
• One seizure follows another without the person regaining consciousness between seizures or
• The person is injured or
• You believe the person needs urgent medical attention
First aid for focal (partial) seizures

The person is not aware of their surroundings or of what they are doing. They may pluck at their clothes, smack their lips, swallow repeatedly or wander around.

Do...
- Guide the person away from danger
- Stay with the person until recovery is complete
- Be calmly reassuring
- Explain anything that they may have missed

Don’t...
- Restrain the person
- Act in a way that could frighten them, such as making abrupt movements or shouting at them
- Assume the person is aware of what is happening, or what has happened
- Give them anything to eat or drink until they are fully recovered
- Attempt to bring them round

Call 999 for an ambulance if...
- You know it is the person’s first seizure or
- The seizure continues for more than five minutes or
- The person is injured or
- You believe the person needs urgent medical attention
Further information

If you have any questions about epilepsy, please contact the Epilepsy Action Helpline.

Epilepsy Action has a wide range of publications about many different aspects of epilepsy. Information is available in the following formats: booklets, fact sheets, posters, books and DVDs.

Information is also available in large text.

Please contact Epilepsy Action to request your free information catalogue. Or download a copy at epilepsy.org.uk/catalogue

Epilepsy Action’s support services

Local meetings: a number of local branches offer support across England, Northern Ireland and Wales.

Coffee and chat groups: these give people living with epilepsy the chance to meet new people, share experiences and learn more about life with epilepsy.

forum4e: our online community is for people with epilepsy and carers of people with epilepsy. You have to be aged 16 or over to join. Go to forum.epilepsy.org.uk

Epilepsy awareness: Epilepsy Action has a number of trained volunteers who deliver epilepsy awareness sessions to any organisation that would like to learn more about epilepsy. The volunteers are able to offer a comprehensive introduction to epilepsy to a range of audiences.

If you would like more information about any of these services, please contact Epilepsy Action. Contact details are at the back of this booklet.
Driving and epilepsy

We would like to know if you have found this booklet helpful.

As a result of reading the information, please let us know if you agree (tick yes) or disagree (tick no) with any of the following statements.

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<th>Yes</th>
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<td>I feel more informed about issues to do with epilepsy</td>
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<td>I feel more confident about talking to my GP/epilepsy specialist/epilepsy nurse/other (cross out those that don’t apply)</td>
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<td>I have talked to my employer/colleague/teacher/family/other (cross out those that don’t apply) and they have improved how well they support me</td>
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<tr>
<td>I have used other Epilepsy Action services, such as the website, the Epilepsy Action Helpline, support groups or forum4e</td>
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Please tell us how you think we can improve this information

________________________________________________________________________
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Please return the completed form to:
FREEPOST RTGS-LEYK-XGCK, Epilepsy Services, Epilepsy Action, New Anstey House, Gate Way Drive, Yeadon, Leeds LS19 7XY

You can also give us feedback online. Visit epilepsy.org.uk/feedback

Thank you.
FREEPOST RTGS-LEYK-XGCK,
Epilepsy Action
New Anstey House,
Gate Way Drive,
Yeadon,
Leeds LS19 7XY

Registered charity in England (No. 234343)
Ways to contact the Epilepsy Action Helpline

**Telephone: freephone 0808 800 5050**
We are usually open 8.30am to 5.30pm, Monday to Friday. Our helpline staff are Text Relay trained and we are able to offer advice and information in 150 languages. To ensure the quality of our service, we may monitor calls.

**Email: helpline@epilepsy.org.uk**
Email us your question about epilepsy. We aim to reply within 48 hours (on work days)

**Text: 0753 741 0044**
Text us and we aim to send a text reply back to your phone within 24 hours (on work days)

**Twitter: @epilepsyadvice**
Tweet us with your question and we will tweet back (on work days)

**Post: New Anstey House, Gateway Drive, Leeds, LS19 7XY**
Write to us and we aim to reply within seven working days

About the Epilepsy Action Helpline

We do:
- Provide confidential advice and information about epilepsy to anyone
- Give general medical information
- Give general information on legal and welfare benefit issues related to epilepsy

We do not:
- Tell people what to do
- Offer a medical diagnosis or suggest treatment
- Take up people’s legal cases on their behalf

If we cannot help you directly with a query, we will do our best to provide details of other organisations that may be able to help. In doing this, Epilepsy Action is not making a recommendation.

We welcome feedback, both positive and negative, about our services.
Epilepsy Action Helpline:
freephone 0808 800 5050
epilepsy.org.uk

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