Epilepsy is often coupled with depression or anxiety but if handled correctly the outlook can be positive.

EPILEPSY

DEPRESSION

Amanda Astill

Amanda Astill to blow out the candles at her 7th birthday party, the placid little girl did something heartbreaking. “She was on so much medication for her seizures that she was like a walking zombie and she fell into her cake,” says her mum Rhondda Druery. “No one would find she had depression. “I couldn’t go to party helpful hints

Need help? For more information or a copy of beyondblue’s “Depression and Anxiety Disorders in People with Epilepsy” Fact Sheet, which Epilepsy Action Australia co-developed, go to: beyondblue.org.au or youthbeyondblue.com. Contact beyondblue on 1300 22 46 36 or infoline@beyondblue.org.au

For counselling call Lifeline on 13 13 14.