

ONLINE SUPPORT GROUPS

FACT SHEET



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URL	Information
Epilepsy Action and Friends https://www.facebook.com/groups/epilepsyactionandfriends	A community of people aged over 24 who have/had epilepsy or a family member with epilepsy. This is a place to share experiences, meet others with epilepsy and gain practical advice to feel supported living with epilepsy.
Oz Youth Beyond Epilepsy for people with epilepsy aged 16-24 https://www.facebook.com/groups/eaayouthgroup	This is a great place for young people aged 16-24 to connect, share experiences and support each other. There will be topics, competitions and opportunities to make your own video to share.
Healthy Pregnancy with Epilepsy https://www.facebook.com/groups/624543465852729/	A private group and dedicated online space for women with epilepsy to share and discuss their experiences of pregnancy, family planning, and parenting.
EAA Epilepsy in Memoriam https://www.facebook.com/epilepsyinmemoriam	Dedicated to people who have lost their lives due to epilepsy, & to family & friends who need to find the comfort & support. This is a group for those who have lost someone due to epilepsy
<h3>Other Groups</h3>	
Australian Women with Epilepsy https://www.facebook.com/groups/AustralianWomenwithEpilepsy	An online support group for women living with epilepsy to speak openly about what they are going through, with people that understand their story.
My Epilepsy Team USA https://www.myepilepsyteam.com/	A social network for people living with epilepsy. You can get peer support & connect with others to share daily ups & downs in a judgement-free place.
Patients Like Me https://www.patientslikeme.com/conditions/epilepsy	Make helpful connections, learn, and be part of a safe community. Ask questions that matter to you – & get crowd-sourced answers that help you move forward.
Siblings Australia http://siblingsaustralia.org.au/siblings/connect-withother-siblings	Siblings Australia has several ways to connect with other siblings, both online & face to face:
Livewire Australia https://www.livewire.org.au/	For young people living with illness or disability, Livewire is a welcoming community you can access at home or in hospital, where you can build friendships, be creative, have fun, and discover new skills.