

Information for people living with **EPILEPSY & DEPRESSION**



About **ONE** in **THREE** people with epilepsy experiences depression.

Depression in people with epilepsy may be due to:

- Stress from seizures and abrupt lifestyle changes
- Seizures starting in the temporal lobe of the brain
- Side effects of some anti-seizure medications

Talk to your doctor if you are experiencing:

- Feelings of sadness
- Poor concentration
- Loss of confidence
- Extreme tiredness
- Decreased interest/pleasure
- Suicidal thoughts



Treatment options include:

Therapies

Group therapy, counselling, or relaxation therapy



Health & Lifestyle Changes

Dietary/nutrition changes, antidepressants



Social Support

Spending time with family, friends, or people with lived experience



Read more about antidepressants & epilepsy by scanning the QR code with a mobile phone camera here:



If you live in Ontario & need help or are in a crisis:



- Call **911** or visit an emergency department
- Call the Ontario Mental Health Helpline at **1-866-531-2600**
- Call a nurse at Tele-Health Ontario at **1-866-797-0000**
- Chat online via: www.crisisservicescanada.ca
- Visit www.canadianepilepsyalliance.org for epilepsy resources



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