

# Types of Seizures and Epilepsy

Resources for patients with epilepsy and their families

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## General information about seizures and epilepsy

- [Epilepsy](#) (Mayo Clinic)
- [Facts about Seizures and Epilepsy](#) (Epilepsy Foundation)
- [The Epilepsies and Seizures: Hope Through Research](#) (National Institute of Neurological Disorders and Stroke)

## Types of seizures

- [Epilepsy 101](#) (Epilepsy Toronto)
- [Types of Seizures](#) (Epilepsy Foundation)

## Living with epilepsy

- [Types of Seizures \(with videos of patients sharing their experience\)](#) (Epilepsy Foundation)

## Other helpful resources

- [Fact Sheets](#) (Epilepsy Toronto)
- [Seizure Forms and Diaries](#) (Epilepsy Foundation)

**Use this material for your information only.**

It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition.

## Still can't find what you're looking for?

UHN Patient and Family Libraries' trained health information specialists can help you find resources and the information you need.

To submit your health information requests:

- Call 416 603 6277
- Email [tgpen@uhn.ca](mailto:tgpen@uhn.ca)