

What sort of help might be offered to me?

The type of psychological help you might be offered will depend on a few factors and will vary by individual. Options will be discussed on the phone if you are called back by the Neuropsychology team.



Help and support might be offered by the Neuropsychology department. Otherwise, we often tell people about charity organisations which provide services relevant to their particular difficulties. We can also make referrals to organisations outside the NHS that offer support, such as online therapy for low mood or anxiety.

How to contact us

If you are having problems with your epilepsy and wish to discuss, please call the Epilepsy Specialist Nurse team on **0131 312 0717**.



If you wish to comment on this leaflet, require a large print version, or have any questions about the Epilepsy Distress Screening pathway or the Neuropsychology service, please contact us on **0131 312 0649**

For more information about our department please visit our website: <https://services.nhsllothian.scot/neuropsychology/dcn-acute-neuropsychology/>



Epilepsy Distress Screening

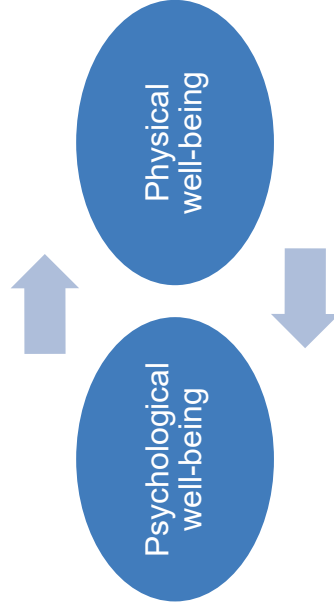
Information for patients



Department of Clinical Neurosciences
Neuropsychology and Neurology

What is Epilepsy Distress Screening (EDS)?

Living with epilepsy can have an impact on how people feel emotionally. Struggling with mood can also impact on physical health. So, making sure that people who have epilepsy are psychologically well is an important part of overall healthcare.



EDS involves you answering a few questions about whether you experience symptoms of emotional distress. We might ask you to answer the same questions again in the future to monitor how you are doing.

It might be that you do not have any symptoms, but, if you do, it is best to report them so we can try and reduce the impact on you and your loved ones.

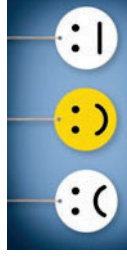
Who carries out the screening?

EDS is an NHS Lothian initiative. It is run by the DCN Neuropsychology department and the Epilepsy Specialist Nurse (ESN) team, which is part of the DCN Neurology department.



What am I being asked to do?

EDS includes two brief questionnaires which ask you about your mood over the last 2 weeks. It is important to try and answer the questions honestly so that the most appropriate help can be offered.



The screening is not for research purposes. It is part of routine clinical care. Taking part is encouraged but completely optional.

What happens next?

Your questionnaire responses will be shared with the Neuropsychology team. Someone from the team might call you to discuss your mental health in more detail if your distress scores are high.

If you are concerned about your health in between your epilepsy appointments, it is best to contact your GP or the ESN team (details below). Otherwise, if you are feeling in emotional distress, you can call NHS 24 on 111 or the Samaritans on 116 123.

Who can see my responses?

The DCN Neuropsychology and Neurology teams will have access to your questionnaire responses.

Your answers may also be shared with your GP and they will be added to your NHS Lothian electronic patient record (i.e. your clinical notes).

