



# Resources from Self-Care Toolbox for People with Epilepsy Webinar *(held on June 4, 2025)*

Note: The following are listed for informational purposes only. The list does not constitute endorsements or recommendations by Mount Sinai. This document was last updated on June 25, 2025.

## Managing Anti-seizure Medications

### Medication Reminder Apps

- Nile: The epilepsy management app: <https://www.nile.ai/app/>
- Other Medication Reminder apps: <https://www.goodrx.com/healthcare-access/digital-health/medication-reminder-apps/>

### Information on Assistance Programs and Discount Cards

- <https://www.bigapplerx.com/>
- <https://newyorkrxcard.com/>
- <https://www.needymeds.org/>
- <https://www.pparx.org/>
- <https://www.rxassist.org/>
- <https://www.goodrx.com/>

### Non-profit or Low-Cost Pharmacies:

- <https://rxoutreach.org/>
- <https://www.markcubancostplusdrugcompany.com/>
- <https://www.blinkrx.com>

### Help for specific populations:

- Infantile Spasms Financial Assistance
  - Call 844-762-9237
  - [https://enroll.tafcares.org/TAF\\_ProgramInformation?Id=pyxlzfp4X91Q54iPf7AVFt0JJmvpo7UOjebTDWGCqNRTebQ%2FDlmFupc6GHDBmSc/](https://enroll.tafcares.org/TAF_ProgramInformation?Id=pyxlzfp4X91Q54iPf7AVFt0JJmvpo7UOjebTDWGCqNRTebQ%2FDlmFupc6GHDBmSc/)
- Lennox-Gastaut Copay Assistance Program
  - Call 855-864-4028 or email: [lgsseizures@rarediseases.org](mailto:lgsseizures@rarediseases.org)
  - <https://rarediseases.org/patient-assistance-programs/financial-assistance/>
- Veterans
  - <https://www.va.gov/resources/can-i-get-free-health-care-and-prescriptions-as-a-veteran/>

### Specific Medication Programs:

- Brivaracetam <https://www.ucb-usa.com/Patients/Financial-Assistance>
- Cannabidiol <https://www.epidiolex.com/savings/>
- Carbamazepine ER <https://www.helpathandpap.com/>
- Cenobamate <https://www.sklsnavigator.com/>
- Clobazam <https://www.lundbeck.com/us/about-us/lundbeck-in-the-us/patient-assistance/>
- Clobazam oral films <https://www.sympazan.com/patient/savings-card/>



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- Diazepam nasal spray <https://www.myneurelis.com/>
- Divalproex/Divalproex ER <https://www.abbvie.com/patients/patient-support/patient-assistance/eligibility-criteria.html#myabbvie/>
- Eslicarbazepine <https://www.sunovionsupport.com/>
- Ethosuximide <https://www.pfizerxpathways.com/>
- Felbamate <https://www.viatris.com/en-us/lm/united-states/patient-assistance-program/>
- Fenfluramine <https://www.fintepla.com/cost-and-copay/>
- Lamotrigine <https://gskforyou.com/>
- Levetiracetam dissolving tablets <https://spritam.com/saving-program/>
- Midazolan nasal spray <https://www.ucb-usa.com/Patients/Financial-Assistance/>
- Oxcarbazepine XR <https://www.supernus.com/commercial-products/>
- Perampanel <https://www.fycompa.com/savings-card-program/>
- Topiramate <https://www.topamax.com/coupon.html>
- Topiramate XR <https://www.supernus.com/commercial-products>
- Vigabatrin <https://amneal.com/vigabatrin/>
- Vigabatrin oral solution <https://vigadrone.com/savings-and-support/>

## Coping with Stress

### Mindfulness and Progressive Muscle Relaxation (PMR) Resources:

- PMR instructions <https://www.va.gov/WHOLEHEALTHLIBRARY/docs/Progressive-Muscle-Relaxation.pdf>
- Mindfulness Tips <https://www.mountsinai.org/files/MSHealth/Assets/HS/Patient%20Care/Service-Areas/Occupational%20Medicine/Mindfulness.pdf>
- Guided Mindfulness Meditation <https://youtu.be/CdbzDMSGsyg>
- Guided PMR <https://youtu.be/Z21Xslddz3Y>
- New York Wellness Information <https://omh.ny.gov/omhweb/resources/publications/>
- Mount Sinai Calm for Self-Care and Stress Reduction <https://www.mountsinai.org/about/wellness/ms-calm>

### Finding a Therapist

- <https://www.psychologytoday.com/>
- <https://helloalma.com>
- <https://www.zocdoc.com>



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## Fitness Resources

- ShapeUpNYC Free Zumba, yoga, circuit training classes through NYC Dept of Parks <https://www.nycgovparks.org/events/shape-up-nyc>
- Silver Sneakers Program for seniors 65+ <https://tools.silversneakers.com/>
- Epilepsy Foundation <https://www.epilepsy.com/lifestyle/diet-exercise/fitness/>

## Staying Safe and Fit

- Seizure ID program: Receive a coupon to purchase a Seizure ID wristband: <https://epilepsyallianceamerica.org/programs-services/seizure-id-program/>
- How to put your Medical ID on your phone's lock screen: <https://www.stroke.org.uk/blog/smart-phone-feature-case-emergency-ice>
- Get a free bike helmet: <https://portal.311.nyc.gov/article/?kanumber=KA-02574>

## Sleep

- <https://www.epilepsy.com/complications-risks/sleep>
- <https://www.cdc.gov/sleep/about/index.html>
- <https://sleepeducation.org>
- Mount Sinai Integrative Sleep Center: 212-979-4775  
<https://www.mountsinai.org/locations/respiratory-institute/treatments/sleep-disorders>

## Epilepsy Self-Management Support Programs

- <https://www.epilepsy.com/stories/support-resources-epilepsy-mental-health>
- <https://managingepilepsywell.org>

## Epilepsy Support Groups

- <https://www.epilepsy.com/programs/family-services>
- <https://epilepsyallianceamerica.org/programs-services/support-groups/>
- Mount Sinai Support Group
  - Call 212-523-8502
- Epilepsy Caregivers Online Support Group by Mount Sinai
  - Registration form: [https://docs.google.com/forms/d/1rgKTnGb6gmbewKbrakgGvc-7NarzzOnqoYJ6GPNN94U/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1rgKTnGb6gmbewKbrakgGvc-7NarzzOnqoYJ6GPNN94U/viewform?edit_requested=true)

## Volunteer Opportunities

- <https://www.nycservice.org/search>
- <https://www.volunteermatch.org/search>

## Helplines

- Epilepsy 24/7 Helpline: Call 1-800-332-1000 (en español): 1-866-748-8008



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- Use the online form:  
<https://na0.icarol.com/pub/SurveyForm.aspx?org=72318&key=7c5f7179-4183-47bf-b079-b1b9b727c11c>
- Find a resource online:  
<https://na0.icarol.info/PublicResourceDirectoryFrm.aspx?org=72318>
- Suicide & Crisis Lifeline: Dial or text 988
- Crisis Text Line: Text "Got5" to 741-741
- New York State Domestic Violence Hotline: 1-800-942-6906
- OASAS HOPEline: New York State's 24/7 problem gambling and chemical dependency hotline. For Help and Hope call 1-877-8-HOPENY or text HOPENY

## Education and Work

### School

- Preparedness: <https://www.epilepsy.com/preparedness-safety/schools>
- Bullying: <https://www.stopbullying.gov/>
- Legal Rights:  
<https://www.epilepsy.com/sites/default/files/atoms/files/Legal%20Rights%20of%20Children%20with%20Epilepsy%20in%20School%20and%20Child%20Care.pdf>
- Seizure action plans: <https://www.epilepsy.com/preparedness-safety/action-plans>

### Childcare

- Early intervention: <https://www.nyc.gov/site/doh/health/health-topics/early-intervention.page>
- Child Care Voucher: <https://www.nyc.gov/site/acs/early-care/apply-child-care.page>

### College

- Scholarships: <https://www.epilepsy.com/parents-and-caregivers/work-college/scholarships>

### Vocational Rehab Programs

- <https://www.acces.nysed.gov/>
- Epilepsy Foundation Metro New York: 212-677-8550

### Accommodations And the American Disability Act (ADA)

- Your Legal Rights.pdf
- FMLA for intermittent leave: <https://www.dol.gov/agencies/whd/fmla>
- Tips to help with reasonable accommodations:  
<https://www.epilepsy.com/sites/default/files/atoms/files/How%20to%20Help%20Patients%20with%20Reasonable%20Accommodations.pdf>



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- Job Accommodation Network: <https://askjan.org/disabilities/Epilepsy-Seizure-Disorder.cfm>
- Commercial driving: <https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/2024-07/NEW%20Seizure%2007082024.pdf>
- Airline Pilots: [https://www.faa.gov/ame\\_guide/media/Seizures\\_Epilepsy.pdf](https://www.faa.gov/ame_guide/media/Seizures_Epilepsy.pdf)
- Military service: <https://www.epilepsy.com/lifestyle/employment/military-service>

## Legal Assistance

- Jeanne A. Carpenter Epilepsy Legal Defense Fund: <https://www.epilepsy.com/legal-help>
- Epilepsy Foundation Information and Referral Service: (800) EFA-1000
- US Equal Employment Opportunity Commission (ECOC)
  - Call: (800) 669-4000 (voice) or (800) 669-6820 (TDD)
  - Visit <https://www.eeoc.gov>
- EEOC's Epilepsy in the Workplace and the ADA: <https://www.eeoc.gov/laws/guidance/epilepsy-workplace-and-ada>
- New York State Division of Human Rights:
  - Call: (888) 392-3644
  - Visit: <https://dhr.ny.gov/complaint>

## Hormones and Intimacy

- Women & Epilepsy | Epilepsy Foundation: <https://www.epilepsy.com/specific-populations/women>
- Men & Epilepsy | Epilepsy Foundation: <https://www.epilepsy.com/specific-populations/men>
- Seizures and Epilepsy in the LGBTQ+ Population: <https://www.epilepsy.com/specific-populations/lgbtq>
- Reproductive Health Access Project | Contraception for Patients with Disabilities: <https://www.reproductiveaccess.org/resource/contraceptive-pearl-contraception-for-patients-with-disabilities/>

## Other Resources to Help Manage Epilepsy

### Resource Databases

- Epilepsy Foundation Online Resource Database: <https://prd.icarol.com/landing.html?token=cf741f09-1ef4-4d4b-9d0a-2c37e652a388&cssMode=Publish&orgNum=72318&db=72318>
- Findhelp Portal: <https://www.findhelp.org>

### Camps

- <https://epilepsyallianceamerica.org/programs-services/camp-programs/>
- <https://www.familyresourcenetwork.org/campnova/>
- <https://comfortzonecamp.org/>

### Clinical Trials



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- <http://clinicaltrials.gov>
- <https://www.mountsinai.org/clinical-trials>

## Diet (Low Carb)

- <http://www.charlifoundation.org/>
- <http://atkinsforseizures.com/>

## Disability Resources

- <https://www.nyc.gov/site/mopd/resources/resources.page>
- <https://www.justicecenter.ny.gov/disability-resources>
- <https://nacdd.org/>
- <https://ncil.org/>

## Driving Laws

- <http://www.epilepsy.com/driving-laws>

## Finding Epilepsy Care

- [https://www.aesnet.org/for\\_patients/find\\_a\\_doctor](https://www.aesnet.org/for_patients/find_a_doctor)
- <http://www.naeclocator.org/locator/default.asp>

## Pets

- <https://pawsny.org/additional-services/>
- <https://www.animalallianceny.org/need-help/vetcare/>

## Pregnancy

- National Maternal Mental Health
  - Hotline: 1-833-TLC-MAMA
  - <https://mchb.hrsa.gov/>
- <https://epilepsypregnancy.com/>
- <https://www.aedpregnancyregistry.org/>
- <https://mothertobaby.org/>

## Respite care

- <https://www.nyconnects.ny.gov/>
- <https://archrespice.org/ta-center-for-respite/state-respite-coalition-contacts/>
- <https://rarediseases.org/patient-assistance-programs/caregiver-respite/>

## Seizure Monitoring Device

- <https://www.empatica.com/embrace2/?msclkid=25d51e82a54d11ecb5aba1914f96ba17>
- <http://smart-monitor.com/>
- <http://www.samialert.com/>
- <http://www.dannydid.org/>



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## Seizure Diary Apps

- <https://www.epsyhealth.com>
- <https://www.nile.ai/app/>
- <https://seizuretracker.com>

## Specific Populations

- Aging: <https://aging.ny.gov/>
- Aicardi: <https://aicardisyndrome.foundation.org/>
- Angelman: <https://cureangelman.org/>
- Angioma (cavernous malformation): <https://www.alliancetocure.org>
- Autism: <https://autismsociety.org/>
- Brain Injury: <https://biausa.org/brain-injury>
- Brain Tumor: <https://www.abta.org/>
- Cortical malformations: <https://www.cortfoundation.org>
- Doose: <https://doosesyndrome.org/>
- Dravet: <http://www.dravetfoundation.org/>
- Dup:15q <https://dup15q.org/>
- Hydrocephalus: <https://www.hydroassoc.org/>
- Hypothalamic hamartomas: <https://www.hopeforhh.org/>
- Lennox-Gastaut: <https://www.lgsfoundation.org/>
- Neurofibromatosis: <https://nfnetwork.org>
- Sturge-Weber: <https://sturge-weber.org/>
- Tuberous Sclerosis: <http://tsalliance.org/>
- Undocumented: <https://www.informedimmigrant.com/>

## Talking To Kids About Seizures

- <https://catalystpharma.com/patient-engagement/medikidz/>
- [http://epilepsy.prod.acquia-sites.com/sites/core/files/atoms/files/GetGoingGang\\_Coloring-Boo.pdf](http://epilepsy.prod.acquia-sites.com/sites/core/files/atoms/files/GetGoingGang_Coloring-Boo.pdf)
- <http://mommyifeelfunny.com/>
- <https://www.epilepsy.com/parents-and-caregivers/talking-kids-about-epilepsy>

## Transportation

- <https://access.nyc.gov/programs/access-a-ride/>





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- [https://www.health.ny.gov/health\\_care/medicaid/members/medtrans\\_overview.htm](https://www.health.ny.gov/health_care/medicaid/members/medtrans_overview.htm)
- <https://www.dot.ny.gov/511NY?mode=Public%20Transportation&type=Paratransit%20Services>

## Advanced Epilepsy Care at Mount Sinai Epilepsy Center

Visit: <https://www.mountsinai.org/care/neurology/services/epilepsy-center>

### Mount Sinai Hospital (Level 4 Epilepsy Center)

- Visit: <https://www.mountsinai.org/care/neurology/services/epilepsy-center>
- Call: 212-241-2627
- Address: 1468 Madison Avenue Annenberg, 2nd floor, New York, NY 10029

### Mount Sinai West (Level 4 Epilepsy Center)

- Visit: <https://www.mountsinai.org/locations/west>
- Call: 212-241-2627
- Address: 1000 Tenth Avenue, New York, NY 10019

### Mount Sinai Kravis Children's Hospital (Level 4 Epilepsy Center)

- Visit: <https://www.mountsinai.org/care/pediatrics>
- Call: 212-241-2401
- Address: 1184 Fifth Avenue Fourth Floor, New York, NY, 10029

### Mount Sinai Union Square

- Visit: <https://www.mountsinai.org/locations/union-square>
- Call: 212-241-2401
- Address: 10 Union Square East, 5<sup>th</sup> floor, New York, NY 10003

### Mount Sinai South Nassau

- Visit: <https://www.southnassau.org/sn>
- Call: 516-632-4590
- Address: One Healthy Way, Oceanside, NY 11572

### Mount Sinai Brooklyn

- Visit: <https://www.mountsinai.org/locations/brooklyn>
- Call: 718-951-3024
- Address: 3201 Kings Highway, Brooklyn, NY 11234





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## Mount Sinai Queens

- Visit: <https://www.mountsinai.org/locations/queens>
- Call: 718-808-7300
- Address: 31-60 21st Street (21st Street and Broadway), Astoria, NY 11106