

Be a part of SUDEP Action Day – 23
October 2020
#SpeakUp2SaveLives
#SUDEPACTIONDAY2020



SUDEP Action Day is an international day supported by over 100 epilepsy organisations worldwide, shines a light on one of the largest causes of death in people with epilepsy, helping empower people through increased awareness.

Why is it needed?

Because there are 21 epilepsy deaths a week in the UK alone.

Many people with epilepsy are not told about SUDEP. They are unaware of the risks linked to epilepsy/SUDEP, so cannot take steps to reduce any risks they have or make informed choices about their epilepsy.

**SUDEP = Sudden Unexpected Death
in Epilepsy**

**When someone with epilepsy dies
and no other cause can be found**

Over 42% of epilepsy deaths are thought to be preventable with positive action, meaning the lives of many young, and otherwise healthy people could be saved each year.

As leaders in SUDEP and epilepsy deaths for over 25 years, **SUDEP Action** know the topic of SUDEP raises questions and can be worrying for some to think about. But SUDEP Action Day is here to help people take small positive steps towards reducing their epilepsy risks.

How can MPs and Policy Makers help?

Join us and #SpeakUp2SaveLives this SUDEP Action Day - You and your colleagues can play an important part in helping us bring epilepsy and SUDEP out of the shadows to help save lives.

1. Share a supportive social media message about SUDEP Action Day on October 23rd

Suggested message:

Together we can #SpeakUp2SaveLives this #SUDEPACTIONDAY2020. Find out more & join me in supporting this important day: www.sudepactionday.org

(Alternatively, a recorded message would be fantastic!)

Consider also wearing orange and/or a [SUDEP Action Day badge](#) in Parliament on October 23rd.

2. Put down some Parliamentary questions on epilepsy deaths and SUDEP to Ministers, & highlight the concerns outlined in SUDEP Action's briefing paper.

Please contact SUDEP Action via samantha.ashby@sudep.org for Parliamentary Questions

3. Spread word about SUDEP Action Day 2020 through your constituency newsletter & surgeries

Suggested text:

SUDEP Action Day (October 23rd) shines a light on one of the largest causes of death in people with epilepsy, helping empower people through increased awareness. There are 21 epilepsy deaths a week in the UK, many of them preventable, and this international event helps people take small positive steps to reducing epilepsy risks; steps which could be lifesaving for some.

Many people with epilepsy are not told about SUDEP (Sudden Unexpected Death in Epilepsy), so do not know about its risks and what they can do to reduce them. That is why SUDEP Action day is so important – helping people with epilepsy around the world to live well.

[SUDEP Action](#) who run the day, have created free resources and information to help people get involved in raising awareness – the theme this year is #SpeakUp2SaveLives. There are also many ideas on how you can help available here: www.sudepawarenessday.org