

Noemi Canales

Chile

Noemi Canales is the Founder and President of Epilepsiayjuventud Chile. of The mission the is organization to accompany people with epilepsy and their families by providing education and guidance.





When I was 15 years old, I received the diagnosis of epilepsy and it became a family secret.

I recovered from cardiac arrest at 16 and continued to pursue my dream of attending university.

Although my teachers knew I had epilepsy, they didn't agree to make adjustments. They doubted my intelligence, and they failed me.







When teachers doubted my ability at university, I felt discriminated against.

I got fired from different jobs because my bosses were scared.

Churches don't accept people with "bad spirits or possessed", so I lost friends.

Since my family was ashamed of my condition, I lived a life of overprotection and restrictions.







I developed aphasia, hemiparesis, and mild cognitive impairment at 25 from a second epileptic status. My physical and mental health issues first became obvious to me.

Still, I showed my skills and worked hard because I accepted my condition.



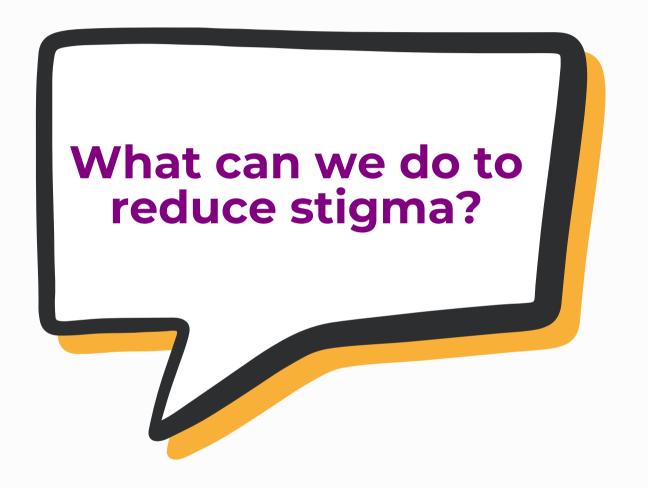




After I learned to listen to my body and emotions, I focused on art therapy to support people with epilepsy and show them that there are new paths, just as our brain creates new neural connections.









Education, awareness, and campaigns are the keys to creating awareness of epilepsy among people with and without the condition. In addition, create a psychosocial support network for people with this condition.









I want to motivate others with epilepsy to have a voice and end discrimination.



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Discover more stories like Noemi's and learn about epilepsy stigma at internationalepilepsyday.org

