



22-year-old Miracle Ladidi Moses is from Nigeria, and loves crocheting and beading. She is a volunteer at Project Give The Girls.

Miracle Ladidi Moses

Nigeria



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I was first diagnosed with epilepsy at the age of 21. Previous to that though, I'd been having seizures which started in 2017 but we didn't know what exactly it was.

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Miracle experienced stigma at a school hostel where the matron refused to help out because she thought Miracle was faking it. The other time was at home when her extended family thought she was possessed because in her culture, "when one has epilepsy, it means you are involved in witchcraft."

**What can we do to
reduce stigma?**

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I believe the best way we can reduce stigma towards people living with epilepsy is to educate ourselves on what epilepsy truly is thereby dispelling the myths. I, for instance, teach my friends seizure first aid just in case and I also use my social media pages to raise awareness.

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Discover more stories like *Miracle's*
and learn about epilepsy stigma at
<https://internationalepilepsyday.org>

