

## Emotional support for people with ALS

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Mental health issues are common in people with amyotrophic lateral sclerosis (ALS). One great way to manage mental and emotional distress is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for ALS?** Check the ALS Association website [www.als.org](http://www.als.org) to find both online and local groups.

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled.

There are many other things you can do to cope with mental health issues.

- Tell your doctor if you are feeling anxious or depressed. Your doctor may suggest you start on medicine. They may also suggest you see a counselor, psychiatrist, or psychologist.

- Practice a healthy lifestyle. Eat well. Get good sleep. Stay as active as you can and try things to help you relax.
- Try meditation or other mindfulness habits.
- Think about your caregivers too. Caregivers can feel stress, burnout, and depression. Talk with your doctor about how to care for your care team.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with CIDP

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

With chronic inflammatory demyelinating polyneuropathy (CIDP), you may have changes in mood. At times, you may feel angry, anxious, or nervous about your health. You may be sad, confused, depressed, or have trouble sleeping. Some medicines taken for CIDP, such as steroids, may make these feelings worse. Sudden changes in mood may be a result of steroids.

One great way to help manage mental health with CIDP is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for CIDP?** Check the GBS|CIDP Foundation website at [www.gbs-cidp.org](http://www.gbs-cidp.org) and search for “Support & Resources.”

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from meditation, listening to music, yoga, tai chi, deep breathing, or a favorite hobby.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with cystic fibrosis

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When living with cystic fibrosis (CF), you may notice changes in your mood and behavior. You may lose interest in the things you do every day. This is called depression. Depression is an illness that negatively affects how you think, act, and feel. These feelings can affect your ability to manage your CF. Learning more about CF can help manage these feelings. If you see signs of a mental health issue, talk to your doctor. You may also be able to see a psychologist through your CF care center. CF care centers have teams of doctors who are experts in treating CF.

There are great ways to manage mental and emotional distress. One of these is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find an online support group for CF?** The Cystic Fibrosis Foundation has resources to support your mental health. You can find an online support group here at [www.cff.org](http://www.cff.org). Do not wait to ask for help. Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms and email lists to join.

Support groups may not be for you. You might want one-on-one help. You can get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits, like meditation, or a favorite hobby. Reach out to your care team to see a psychologist or a therapist. You may also need a psychiatrist for more medicine related support. These are all specialists who treat mental health. Do not feel nervous to get help.

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## Emotional support for people with Gaucher

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Mental health issues are common in people with Gaucher disease. This is especially true for children. Children may be smaller or shorter than their friends and classmates. This is due to issues like delayed puberty and slow growth rate. This can then lead children to feel “different.” These issues are not unexpected. Often, a child’s growth will catch up later, so stick to your treatment plan.

One great way to manage mental and emotional distress is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for Gaucher?** Try the National Gaucher Foundation website at [www.gaucherdisease.org](http://www.gaucherdisease.org). The Gaucher Community Alliance (GCA) website also offers online community chat groups.

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits, like meditation, or a favorite hobby.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with hemophilia

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Mental health issues are common in people with hemophilia. Chronic pain can cause you to feel depressed or anxious. Your care team members can also feel stress, burnout, and depression. If you see signs of a mental health issue, talk to your doctor. You may also be able to see a psychologist through your hemophilia treatment center (HTC).

One great way to manage mental and emotional distress is to join a support group. People in a support group have the same health issues as you. This helps them to know how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for hemophilia?** Check the National Bleeding Disorders Foundation (formerly NHF) website at [www.hemophilia.org](http://www.hemophilia.org). You can also reach out to your local NHF chapter. Also, ask your doctor or check the NBDF website for bleeding disorder summer camps. For children, it can help to find group activities. These summer camps help kids meet others their age with hemophilia.

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits, like meditation, or a favorite hobby.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with lupus

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Having active lupus (a flare) may alter the way you think. Some lupus medicines are linked to depression, such as steroids. Symptoms of depression can be vague, confusing, and changing. You may feel sadness and loss of interest in usual activities. Loss of appetite, weight loss, and trouble sleeping are just some of the other symptoms. Living with lupus can also cause anxiety. If you have symptoms of depression or anxiety, talk to your doctor.

One great way to manage mental and emotional distress with lupus is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for lupus?** Check the Lupus Foundation of America website at [www.lupus.org](http://www.lupus.org) and search for “Support & Resources.” They also offer education online.

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups like family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits like meditation or a favorite hobby.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with multiple sclerosis

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Multiple sclerosis (MS) often can cause changes in mood and behavior. MS may change areas in your brain that control mood. The challenges of living with MS can also impact mental health. Depression is common in people with MS. Some medicines taken long term for MS, such as steroids, can also impact your mood. Talk to your doctor if you feel changes in your mood or emotions.

One great way to manage mental health with MS is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for MS?** The National Multiple Sclerosis Society offers online tools and can connect you with local programs and services. Check their website at [www.nationalmssociety.org](http://www.nationalmssociety.org) and search “Resources & Support.”

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups like family and friends. You can also try self-care—things that make you feel fulfilled and less stressed. This can be anything from mindful habits like deep breathing or meditation. Other choices may include taking part in a hobby or activity you enjoy.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with myasthenia gravis

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Mood disorders such as depression and anxiety occur fairly often in people with myasthenia gravis (MG). Depression and anxiety can be made worse by the treatments for MG, especially long-term use of steroids. Staying alert to possible mood disorders could help you get the help you need to better cope with emotions.

One great way to manage mental and emotional distress with MG is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for MG?** Check out the Myasthenia Gravis Foundation of America (MGFA) website at [www.myasthenia.org](http://www.myasthenia.org) and search for “MG Community.”

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups like family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits like meditation or a favorite hobby. Practice a healthy lifestyle. Eat well. Get good sleep. Stay as active as you can.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

**This month is Myasthenia Gravis Awareness month!**

It's a great time to help others learn more about MG. Visit [www.myasthenia.org](http://www.myasthenia.org) to learn more.

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## Emotional support for people with myositis

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

If you take steroids to treat your myositis, you should be aware that these medicines can impact your mood and thinking. Talk to your doctor about any medicines you take that might contribute to depression, anxiety, or sleep issues. Take notice of events or conditions that make your symptoms worse. Learn all you can about myositis.

One great way to manage mental and emotional distress with myositis is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Because myositis is so rare, it can be difficult to find people who understand what you are going through. Support groups gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for myositis?** Check the Myositis Association website at [www.myositis.org](http://www.myositis.org) and search for “Support Groups.”

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits like meditation or a favorite hobby. Take control of your health and fitness. Balance exercise and rest. Make healthy lifestyle choices. Work with your doctor to be as healthy as you can.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with Parkinson's disease

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important. But mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Parkinson's disease (PD) often can cause changes in mood and behavior. Depression is one of the most common mental health issues in people with PD. Apathy—loss of motivation, interest, and effort—often occurs along with depression. Depression may result from the way PD affects the neurons in your brain. Some PD medicines may also impact thinking. People with PD often take medicines for bladder control. These medicines are known to cause impaired memory and confusion. Talk to your doctor about any changes you notice in your mental health.

One great way to manage mental and emotional distress with PD is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for PD?** Check out the Parkinson's Foundation website at [www.parkinson.org](http://www.parkinson.org) and search for "Getting Support."

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits like meditation or a favorite hobby.

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## Emotional support for people with rheumatoid arthritis

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Rheumatoid arthritis (RA) causes joint pain that can add stress to your life. There may be changes in your mood and behavior. Pain may also cause you to lose interest in the things you do every day. This is called depression. Depression is an illness that negatively affects how you think, act, and feel. These feelings can also make your pain feel worse.

One great way to manage mental and emotional distress with RA is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for RA?** The Arthritis Foundation has resources to help you manage your mental health. You can find a local or online support group here [www.arthritis.org](http://www.arthritis.org).

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits, like meditation, or a favorite hobby.

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### Emotional support for people with scleroderma

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

When first diagnosed with scleroderma, you may feel angry and depressed. These feelings are common. Anger can help energize you to take actions. Learn all you can about scleroderma and treatment options. Depression can make you feel negative about everything. It can worsen symptoms like pain and loss of energy. Your doctor may prescribe medicine to treat depression.

One great way to manage mental and emotional distress with scleroderma is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for scleroderma?** Check out the National Scleroderma Foundation at [www.scleroderma.org](http://www.scleroderma.org) and search for “Resources.”

Support groups may not be for you. You might want one-on-one help. You may wish to see a counselor or therapist with experience treating people with chronic disease. Maybe you get support from social groups like family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits like meditation or a favorite hobby.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

### **This month is Scleroderma Awareness month!**

It's a great time to help others learn more about scleroderma. Visit [www.scleroderma.org/tealtalk/](http://www.scleroderma.org/tealtalk/) to learn more.

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## Emotional support for people with sickle cell

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Mental health issues are common in people with sickle cell disease (SCD). Chronic pain can cause you to feel depressed or anxious. For children, it can help to find group activities. Sickle cell summer camps help kids meet others their age with SCD.

Your care team members can also feel stress, burnout, and depression. If you see signs of a mental health issue, talk to your doctor. Your doctor can refer you to a mental health specialist near you. You may also be able to see a psychologist through a sickle cell Center of Excellence (COE).

One great way to manage mental and emotional distress is through a support group. People in a support group have the same health issues as you. This helps them to know how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for SCD?** The Sickle Cell Disease Association of America website at [www.sicklecelldisease.org](http://www.sicklecelldisease.org) offers help finding groups.

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits, like meditation, or a favorite hobby.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with epilepsy

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Mental health issues are common in people with epilepsy. You may feel shame or stress from the ways epilepsy puts limits on your life. Epilepsy can also cause changes in your mood and behavior or how you act. Trouble controlling your temper or impulses is common.

Antiseizure medications (ASM) can also cause mood and behavior changes. After you start a new medication, ask those close to you whether they feel your behavior has changed.

You have many choices for support to help you cope with mental health issues like anxiety, depression, mood and behavior changes. Don't be afraid to share your feelings with your healthcare providers.

One great way to manage mental and emotional distress is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for epilepsy?** Check the Epilepsy Foundation website at [www.epilepsy.com](http://www.epilepsy.com). You can also reach out to your local Epilepsy Foundation chapter.

Support groups may not be for you. Maybe you get support from social groups of family and friends. Or, you might want one-on-one help. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits, like meditation, or a favorite hobby.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with Crohn's disease

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

When living with Crohn's disease, you may feel pain. Pain can affect how much sleep you get. Over time pain can also change your mood and behavior. You may lose interest in the things you do every day. This is called depression. Depression is an illness that negatively affects how you think, act, and feel. If you see signs of a mental health issue, talk to your doctor. You may also be able to see a psychologist through your inflammatory bowel disease (IBD) center of excellence. IBD centers of excellence have teams of doctors who are experts in treating Crohn's disease.

One great way to manage mental and emotional distress with Crohn's is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for Crohn's?** The Crohn's and Colitis Foundation has resources to help you manage your mental health. You can find a local or online support group at:

[www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org).

Support groups may not be for you. You might want one-on-one help. You can get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits, meditation, or a favorite hobby. Use a journal to write down how you feel and organize your thoughts.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with ulcerative colitis

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

When living with ulcerative colitis (UC), you may feel pain. Pain can affect how much sleep you get. Over time this pain can change your mood and behavior. You may lose interest in the things you do every day. This is called depression. Depression is an illness that negatively affects how you think, act, and feel. If you see signs of a mental health issue, talk to your doctor. You may also be able to see a psychologist through your inflammatory bowel disease (IBD) center of excellence. IBD centers of excellence have teams of doctors who are experts in treating UC.

One great way to manage mental and emotional distress with UC is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for UC?** The Crohn's and Colitis Foundation has resources to help you manage your mental health. You can find a local or online support group at:

[www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org).

Support groups may not be for you. You might want one-on-one help. You can get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits, like meditation, or a favorite hobby.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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## Emotional support for people with HIV

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Living with human immunodeficiency virus (HIV) can add stress to your life. Stress can change your mood and behavior. These changes may cause you to lose interest in the things you do every day. They can also affect your ability to manage your HIV. This is a normal, short-term feeling called reactive depression. If you have these feelings for more than a few weeks, it may be a sign of a more severe form of depression. Clinical depression or major depressive disorder is a condition that negatively affects how you think, act, and feel. Women living with HIV are more likely to have feelings of depression. Some HIV medicines can make depression worse. Talk to your healthcare provider if you feel any of these changes.

One great way to manage mental and emotional distress with HIV is to join a support group. People in a support group have the same health issues as you. This helps them to understand how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for HIV?** The Substance Abuse and Mental Health Services Administration (SAMHSA) has resources to help you manage your mental health. You can find a local or online support group at [www.samhsa.gov](http://www.samhsa.gov).

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups of family and friends. Share your HIV status with people you trust. This may help with the stress of living with a big secret. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits, meditation, or a favorite hobby.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join. Your HIV care center may also have other resources to support you.

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## Emotional support for people with HAE

We talk a lot about the negative mental health impacts of chronic illness. Reducing depression and stress is important, but mental health care is about more. It is also about what makes you feel happy, fulfilled, and in control of your health.

Mental health issues are common for people with hereditary angioedema (HAE). The stress of attacks can cause you to feel anxious or depressed. If you see the signs of a mental health issue, talk to your doctor.

One great way to manage mental and emotional distress is to join a support group. People in a support group have the same health issues as you. This helps them to know how you feel. Members gather to share feelings and helpful tips and enjoy a sense of community. Support groups are a safe place to ask questions and talk about problems. They can also share resources and tips for coping.

**Want to find a support group for HAE?** The US Hereditary Angioedema Association (HAEA) offers resources through its website. So does Discover HAE at [www.discoverhae.com](http://www.discoverhae.com). This includes online support groups and community events.

Support groups may not be for you. You might want one-on-one help. Maybe you get support from social groups of family and friends. You can also try self-care—things that make you feel fulfilled. This can be anything from mindful habits, like meditation, or a favorite hobby.

Need help finding a support group? Ask your doctor or Program Nurse to help you find one. You can also look online for chat rooms, and email lists to join.

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