

Feeling Overwhelmed



Living with a bleeding disorder can be very stressful at times, and often overwhelming. It is important for those affected with bleeding disorders to get the support they need to overcome some of the obstacles that can develop. Caregivers, spouses and family members also need to take care of themselves, both physically and mentally. There are many resources and support available to help cope with the stress of living with a bleeding disorder. And there are great choices, both within the hemophilia community and outside of it.

Hemophilia Treatment Centers

Hemophilia treatment centers (HTCs) often offer therapy for struggling children and their parents. They can assist with kids who have anxiety due to infusions or are just in need of support to deal with a bleeding disorder. In turn, this can help the caregiver. They can also offer suggestions in areas where you or your family may be having difficulties and make referrals for counseling if needed. HTCs may also provide education to schools and other family members if needed.

Online Support Groups

Facebook is proving to be a great tool for bringing people together in the bleeding disorders community. It is a great way to connect, ask questions, vent and share with those who know what you're going through.

Hemophilia Chapters

This is a great way to get connected with other families in the bleeding disorders community. There is so much support available through these chapters! There are even special getaways for families, such as family weekends and couples' retreats. You can find your local chapter online by connecting to the NHF website at www.hemophilia.org (click on "About Us").

211

In most states, dialing "211" provides individuals and families in need with a shortcut through what may be a bewildering maze of health and human service agencies' phone numbers. By simply dialing 211, those in need of assistance are referred, and sometimes connected, to appropriate agencies and community organizations. Typically you can dial 211 when calling from a landline and reach the hotline for your state. You can also access it on the internet by typing "211" and the name of your state in a search engine. This line is staffed 24/7 and offers a wide range of numbers for support groups, counseling resources, financial assistance resources, crisis hotlines, and an array of other helpful resources. This is a great place to look for counseling and financial assistance.

Crisis Hotline

This is a tool that can help when you feel like you are in need of speaking to someone right away. This is a safe place to speak to a crisis counselor in a confidential setting over the phone. These lines are usually open 24/7. There are both "crisis" hotlines (call your state's 211 to get your local hotline) and "suicide prevention" hotlines (800-273-8255).

See your BioRx representative or consumer advocate for additional resources and information, or call us at 866.442.4679!