



There Is No Health Without Mental Health

This session was designed to create awareness of the mind-body connection and how it can impact the quality of life for those living with a bleeding disorder.

What will I learn in this presentation?

- The prevalence of mental health conditions in the bleeding disorders community
- The impact of mental health on physical health
- Effective ways of reaching out and talking about mental health
- **BONUS!** Mental Health Resource Guide for the Bleeding Disorders Community

Why is this presentation important to this community?

When living with a chronic condition it is natural to focus on the physical aspect of it; but that is half of the equation. How people think and feel has a direct impact on their health and ultimately their quality of life. This session contains information on the latest research on the interconnectivity of the mind and body and how to improve one's overall wellness.

How do I get more information on bringing this session to my organization?

This course is being offered to NHF/HFA chapters, hemophilia treatment centers and national organizations dedicated to the bleeding disorders community.

If you are interested in booking this presentation, please contact Mental Health Matters Too at debbie@mhmttoo.com or 832-689-9434.