



# There Is No Health Without Mental Health

## (In-person or virtual presentation)

This session is designed to create awareness of common mental health issues within the bleeding disorders community, discuss the impact of a person's emotional well-being on his/her physical health and provide information on resources for mental health care and support.

### 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 dealing with a chronic condition, it is natural to focus on the physical aspect of it; however, that is half of the equation. Living with a bleeding disorder also means dealing with inherent emotional challenges which can have a significant impact on one's physical health. This session discusses the latest research on the psychosocial aspects of living with a bleeding disorder and provides information on mental health resources for care and support.

### 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@mhmtoo.com](mailto:debbie@mhmtoo.com) or 832-689-9434.