



There Is No Health Without Mental Health (Virtual or In-Person)

This session is designed to create awareness of common mental health issues within the bleeding disorders community, discuss the impact emotional health has on 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 interrelationship of mental and physical health
- Protective and risks factors impacting quality of life
- **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 the National Bleeding Disorders Foundation and Hemophilia Federation of America 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 or call 832-689-9434.