

# SPACE TO TALK, ROOM TO LISTEN

**Though your bleeding disorder is a physical health condition, it can impact other areas of your life.**

To support your overall well-being, it's crucial to address these aspects. That's why many treatment teams include a psychologist, a social worker or a counsellor. They can support you and your family with issues related to your bleeding disorder.



## Are any of these things worrying you?

- Pain?
- Sleeping?
- Lack of motivation?
- Irritability?
- Feeling sad, unsure or worried about your medical treatment?
- Issues when you need to go to the hospital?
- Trouble making big decisions?
- Managing your bleeding disorder treatments and appointments?
- Relationships?
- Work?
- Worries about your future?



**If so, ask if there's a psychologist, counsellor or social worker in your service.**



### Find local support:

We invite you to contact your national member organizations (NMO) or a hemophilia treatment centre (HTC) by consulting our global directory:  
[wfh.org/find-local-support](http://wfh.org/find-local-support)



## The reasons that people come to see us include:



Adjusting to living with a bleeding disorder (this may include feelings of anger, frustration, and guilt for the person with the bleeding disorder or their family members).



Managing your bleeding disorder through changes in your life (for example, teenage years, adulthood, having a family, or retirement).



Understanding and managing mood changes, anxiety or depression related to your bleeding disorder.



Struggling to cope with your treatment regime (examples could include a fear of needles and administering treatment or worries about changing products).



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