

Things you should know about inflammatory bowel diseases (IBD) and your mental health



It is normal to have **many types of emotions** as you live with IBD

Sad. Angry. Relieved.

Hopeful. Hopeless. Depressed.

Stressed. Anxious. Worried.

Limited. Bad Mood. Deprived.

Embarrassed. Supported. Empowered.

Isolated. Grateful. Strong.

Frustrated. Misunderstood. Afraid.

IBD can affect **many areas of your life**, such as:



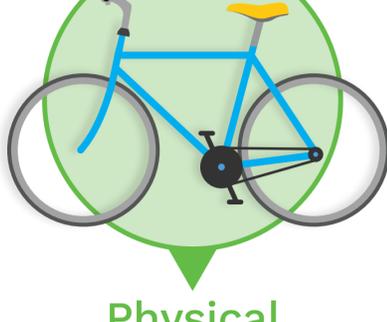
School



Work



Relationships



Physical activities



Finances



Travel

You are not alone
Do not be afraid to seek help

Contact the Crohn's & Colitis Foundation

Relaxation



Medication



Talk to a mental health professional



Find support groups and connect with others



Surround yourself with loved ones



Do things you enjoy whenever possible

IBD **does not define** who you are



To learn more about support programs from the Crohn's & Colitis Foundation, visit www.crohnscolitisfoundation.org

or contact the IBD Help Center:

(888) 694 8872

info@crohnscolitisfoundation.org