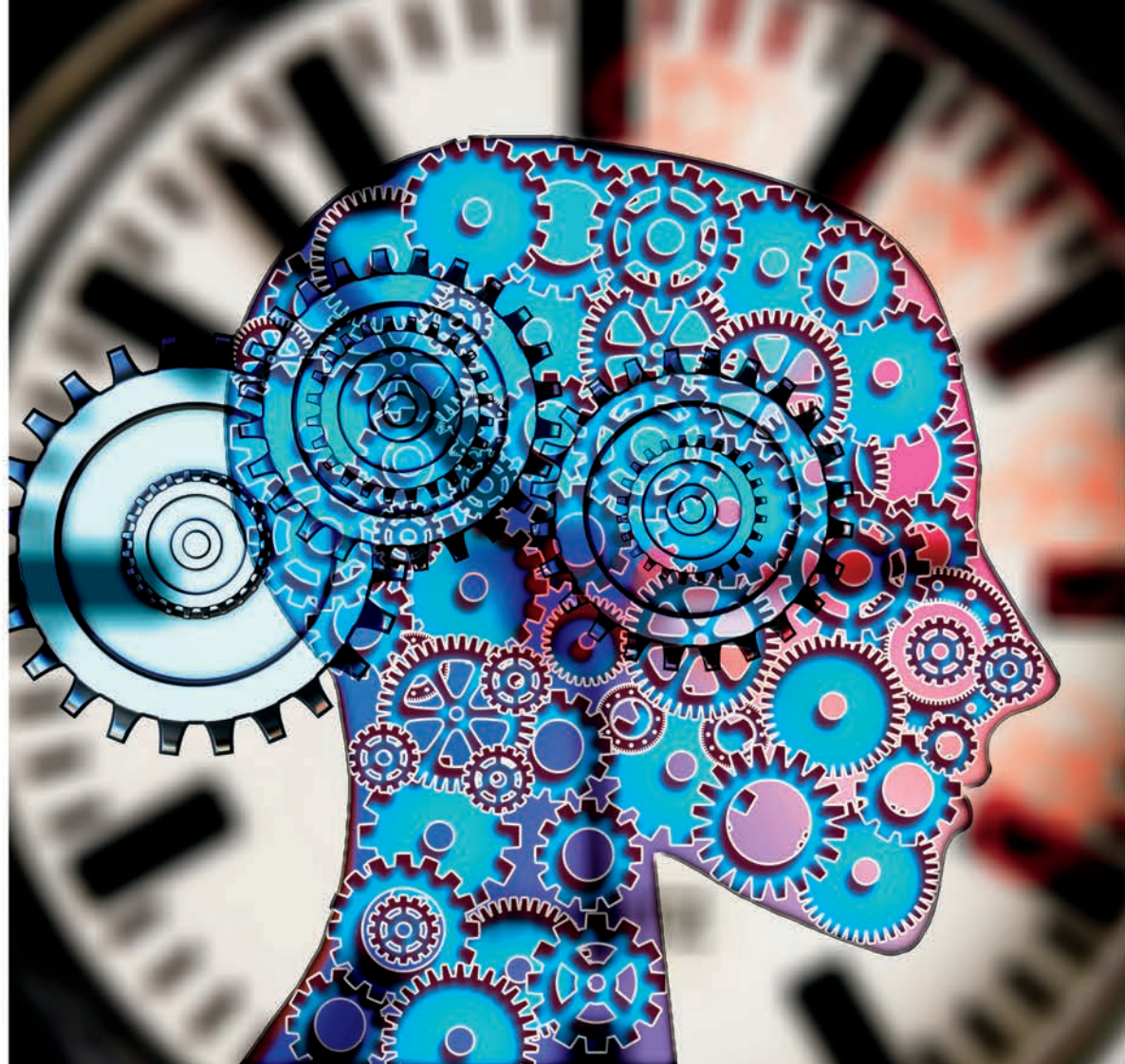




Mental Health Resource Guide

BLEEDING DISORDERS FOUNDATION
OF NORTH CAROLINA





Why Mental Health?

This is a community that is focused on living with and managing life with a bleeding disorder. So **why mental health?**

So much of the time in the bleeding disorders community is spent focused on taking care of your physical health. But living with a bleeding disorder, like other chronic health conditions, can also be hard on your mental health and emotional wellness. The Bleeding Disorders Foundation of North Carolina (BDFNC) is dedicated to improving the quality of life of persons affected by bleeding disorders. Your quality of life includes your mental health in addition to physical health.

As someone in the bleeding disorders community, you may hear people talk about stress, anxiety, and depression when it comes to managing the physical symptoms of a bleeding disorder. These are all related to your mental and emotional wellness.

In 2022, BDFNC undertook the first survey of its kind in North Carolina, to examine the

connection between patients with a bleeding disorder and mental health conditions. The survey indicated the **36%** of those diagnosed with a bleeding disorder have been diagnosed, are being treated for, and/or have experienced symptoms of a mental health condition. And **46.5%** of those who experience frequent pain or extended hospital stays because of their bleeding disorder have a connection to a mental health condition. Yet **70%** of patients with bleeding disorders experience some kind of barrier to treatment that could help them.

While BDFNC is not a mental health organization, it is clear that helping the community affected by bleeding disorders to find resources to manage mental health is just as important as supporting physical health. When it comes to bleeding disorders and mental health, **we are here for you.**

Crisis & Phone Resources

If you are at imminent risk of suicide, harm to others, or are currently experiencing a mental health emergency, please dial 911 or go to your nearest emergency room.

Suicide and Crisis Lifeline

Call or text **988**

When you call or text **988**, you will be connected to a trained counselor who can provide support and connect you with valuable resources.

Crisis Text Line

Text **HOME** to **741741**

Text to be connected with a crisis counselor 24/7.

Hope4NC Helpline

Call **(855) 587-3463**

To connect with mental health resources.

National Parent Helpline

Call **(855) 427-2736**

Provides emotional help support and advocacy.

NCDHHS Crisis Services

ncdhhs.gov/division/mental-health-developmental-disabilities-and-substance-abuse/crisis-services

Resource for crisis services in North Carolina counties.

Contact your Hemophilia Treatment Center (HTC)

For a listing of all NC HTCs and hematology centers visit bleedingdisordersnc.org/htc





Organizational Resources

National Alliance on Mental Illness (NAMI) North Carolina
naminc.org

The state affiliate of NAMI that raises awareness and provides education, advocacy, and support for people affected by mental illness. There are additional affiliate chapters across North Carolina.

Mental Health America (MHA)
mhanational.org

MHA is the leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting overall mental health to all. MHA has several affiliate chapters across North Carolina.

Crisis Solutions North Carolina
crisissolutionsnc.org

Crisis Solutions North Carolina is an initiative of the North Carolina Department of Health and Human Services (NCDHHS) - Division of Mental Health and Developmental Disabilities and Substance Abuse Services.

North Carolina Families United
ncfamiliesunited.org

North Carolina Families United is a family support and advocacy organization for children and youth who have a mental health and/or intellectual diagnosis.

Mental Health Matters Too
mentalhealthmatterstoo.com

National Hemophilia Foundation (NHF)
hemophilia.org/educational-programs/education/mental-health

BD SUMHAC

Bleeding Disorders Substance Use & Mental Health Access Coalition

www.newenglandhemophilia.org/sumhac

Kate Bazinsky, Chair

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Hemophilia Federation of America (HFA)
hemophiliafed.org/news-stories/2022/04/mental-health-resources

Online Resources

Psychology Today psychologytoday.com/us

Psychology Today is a website designed to help you find therapists, psychiatrists, and other mental health providers.

BetterHelp betterhelp.com

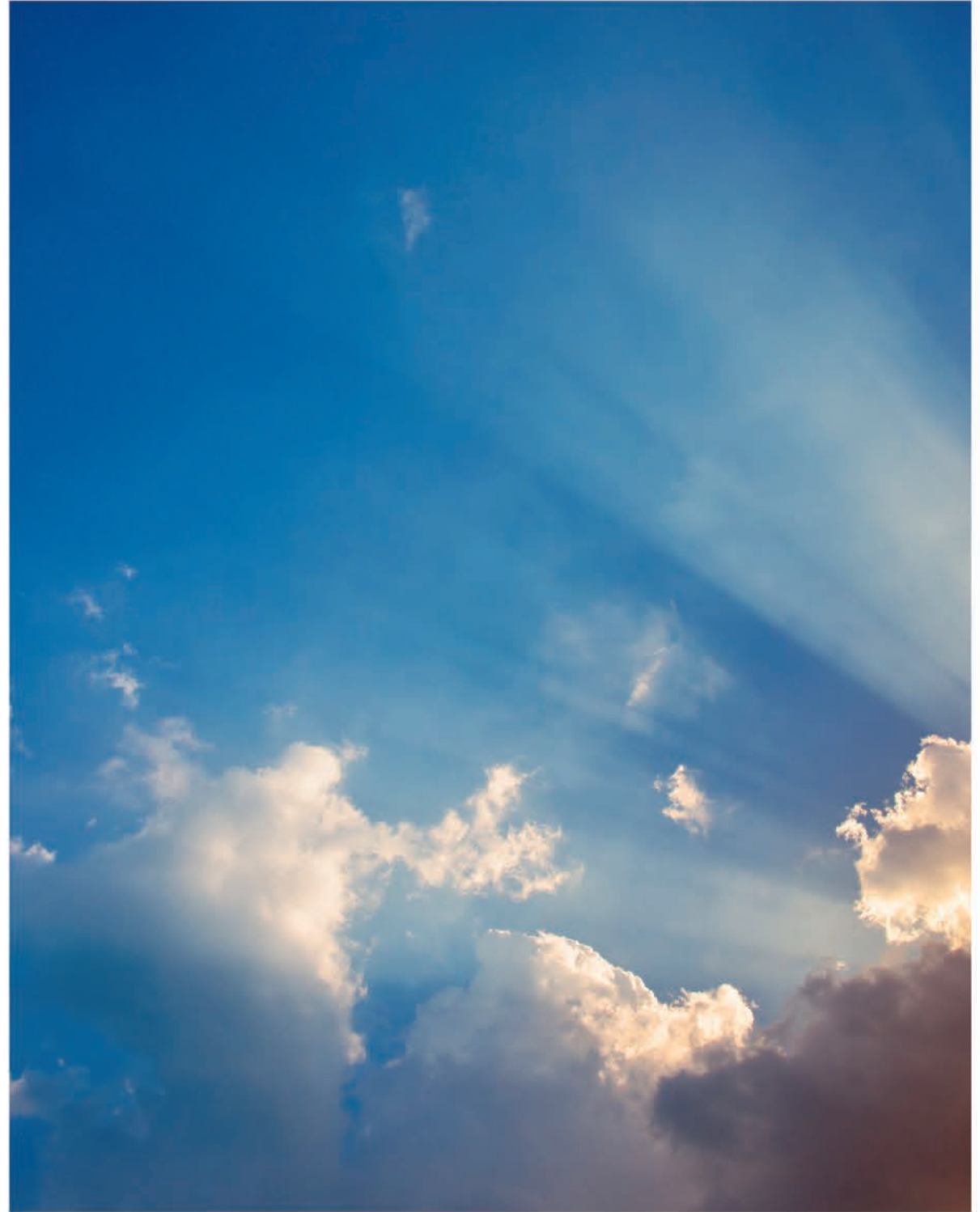
An online, therapy services with professional, licensed, and vetted professionals who can help with a range of issues including depression, anxiety, trauma, and more.

TalkSpace talkspace.com

Comprehensive, online mental health treatment options to meet all of your needs.

Cerebral cerebral.com

Expert help for your emotional health. Regular assessment, video/phone appointments, medication management and delivery.



Apps to Help with Mindfulness

Headspace - headspace.com

Stress less with hundreds of meditations.

Calm - calm.com

App for sleep, meditation, and relaxation.

Smiling Mind - www.smilingmind.com/au

Web and app-based meditation program developed by psychologists and educators to bring mindfulness into your life.



Suggested Questions to Ask a Potential Provider

1. How much does it cost/do you accept my insurance plan?
2. How frequently do I need to be seen?
3. Do you offer in person or virtual appointments?
4. Are you available for after hours calls?
5. Do I need to take medication? How do you make that decision?
6. What are the side effects of the medication?
7. Could the medications cause bleeding? If so, are there alternative options?
8. What kind of therapy do you provide?
9. Do you have experience treating patients with a bleeding disorder or chronic health conditions?
10. What is your plan to treat me?
11. What if your treatment plan isn't working? Do you have alternate therapies?
12. What does my diagnosis mean?
13. When should I expect to see improvements?
14. What do you expect from me?

Sample Logs

It can be helpful to log medications & side effects, symptoms, and phone calls.

Medication Log

Date	Time	Medication Name	Side Effects

Call Log - Insurance, Doctors, Therapists, etc.

Date	Time	Who did I speak with?	Reason for the call	Results and/or next steps	How this affects me

Symptom Log

Date	Time	Depressed (Y/N)	Anxious (Y/N)	Irritability (Y/N)	Pain (Y/N)	Notes

Mission Statement

The Bleeding Disorders Foundation of North Carolina is a nonprofit organization dedicated to improving the quality of life of persons affected by bleeding disorders through advocacy, education, promotion of research, and delivery of supportive programs and services.

Vision Statement

Our vision is for all persons affected by bleeding disorders to achieve their full potential without barriers or limitations.

**BLEEDING
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