

# Emotional wellbeing

Chronic illness can have a huge effect on all aspects of life. As well as dealing with the physical changes associated with the disease, it is important you manage the emotional and psychological changes that may occur.

We are all different, and everyone has their own way of managing the uncertainties that come with change.

Being told you have Crohn's disease or ulcerative colitis can be scary. If you are struggling or feeling overwhelmed, it is important to reach out. No one needs to face these issues alone.

Reaching out and talking about how you feel with a trusted friend, whānau, or your medical professional (IBD nurse, gastroenterologist, GP or practice nurse), can really make a difference.

There are also local support groups that have regular meetings where you can connect with others who understand the challenges of dealing with IBD.

## Important links and numbers:

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

**Need to Talk?** Free call or text 1737 to talk to a trained counsellor, any time.

**Lifeline** 0800 543 354 for counselling and support.

[www.depression.org.nz](http://www.depression.org.nz)

**Depression Helpline** 0800 111 757, free text 4202, talk to a trained counsellor.

**Youthline** 0800 376 633, free text 234, or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz). For youth, whānau and friends.

[www.thelowdown.co.nz](http://www.thelowdown.co.nz), free text 5626 (for young people).

[www.crohnsandcolitis.org.nz/](http://www.crohnsandcolitis.org.nz/)

**National-Support-Groups**

[Info@crohnsandcolitis.org.nz](mailto:Info@crohnsandcolitis.org.nz)



## Remember

It can take time to adjust to living with IBD. IBD may be part of your life, but it should not define who you are. Don't give up, there are people who care about you. If you are struggling emotionally or feeling overwhelmed, please reach out!