

April

Mental Health

Finding Support

If you are having feelings of sadness or feeling unlike yourself, seek support from your loved ones or a mental health specialist.

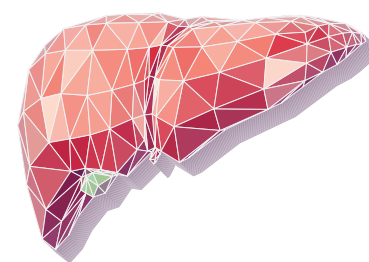
If you are concerned about a loved one, start by talking to them and encourage them to talk to a trusted provider. Be careful not to place blame or use extreme language.

If you or someone you know is in danger of harming themselves, call a local crisis line or the National Suicide Prevention Line at 1-800-273-TALK (8255).

Join a community support group to find people who understand and empathize with your struggles.

Mental Health And Your Liver

The American Liver Foundation has a helpline to find information and local resources at 1-800-465-4837.



The American Liver Foundation is partnered with Inspire.com to create an online global support community. Visit <http://www.liverfoundation.org/support/> for more information.

+ Doctor's Tip

If you have underlying liver disease, let your doctor know if you or your family notice changes in your mood, behavior, memory, or level of alertness.
- Bianca Chang, University of Chicago



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>

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