

Sammy's story

Sammy's daughter, Sophie, was diagnosed with lupus (SLE) when she was 14-years old

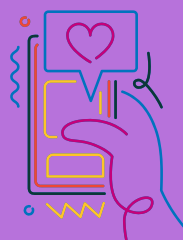
“As a family, it was quite tough. I tried to make everybody better, but I wasn't looking after myself”. Sammy visited her GP who put her in touch with a counsellor and psychologist. “It was the best thing that happened,” says Sammy. “They taught me that I needed to take a little time to step back so I could be in the best position I could be to support my daughter”. Sammy also suggests finding a community who can support you. “Reach out to charities, reach out to the specialist nurses in your centre, reach out to close friends or family.”.



Remember, you are not alone

“When we talk to others, we can get different perspectives, examine if our assumptions are valid, and normalise our feelings and experiences.” Healthcare professional

“Some issues disappear when others share the same experience.”
A young person with JIA



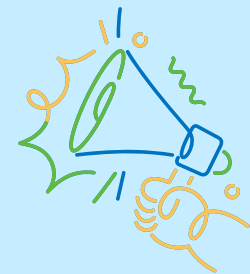
Scan the QR code to access a range of resources, links, and stories from young people and their families

Support for you and your family

We want you to know that you are not alone and that there are **mental health and wellbeing resources** available for you and your family. This leaflet will provide you with:


- Top tips from other families
- Resource links
- Info on support communities
- Stories from young people and families

We are a group of charities working with children and young people living with rheumatic and related conditions, and their families. And we are here to support you.



Mental Health Top Tips

Scan the QR code on the other side for access to a range of resources and stories:




Join a support group to connect with others facing similar conditions

Having a long-term health condition can be difficult. Know that it is ok to feel sad, stressed or angry sometimes



Contact organisations supporting individuals with your health conditions


Do something you enjoy, such as going outdoors, reading, listening to music




Talk to friends and family about your condition and support needs



Consider talking to a professional about your mental health



Create a relaxing bedtime routine to wind down and aim to stick to a consistent sleep schedule



Reach out to your GP for support - be honest with how you are feeling

Spread out activities in manageable chunks and rest when needed as you know your body best

“Peer support for young people helps to develop self-esteem, reduce isolation, and give a safe space to share their thoughts about their conditions, whilst having fun”
Healthcare professional

“It was just so nice to meet other young people living with arthritis or related conditions. I felt so included and accepted.”
A young person with JIA

We are here to support you

Please get in touch for support managing your condition

