Patient Handout: Emotional Well-Being for Patients with Dermatology Conditions

Introduction:

Emotional well being is just as important (some argue more important) as physical well being. Taking time to assess how you feel about your skin or hair condition and seeking help is important. Many individuals experience feelings of sadness, anger, loneliness, and begin to isolate themselves. This recognition of your emotions and beginning to get support is called “emotional first aid” by psychologist Guy Winch, Ph.D. Please watch his 17 minute ted talk to start learning more about “How to Practice Emotional First Aid.” https://www.ted.com/talks/guy\_winch\_the\_case\_for\_emotional\_hygiene?language=en

Resources:

Support is essential when living with a skin or hair disease. A change in your physical appearance can be a very troubling situation. But you are not alone. There are many ways to connect with others who have a similar experience to your own.

* Support Groups
* Telephone Support
* Conferences
* Therapist/Psychologist
* Close friend/family member

Below are some organizations dedicated to supporting those with alopecia areata, eczema, psoriasis, and rosacea. Please ask your health care provider for more information about mental health support services for other skin or hair diseases.

* National Alopecia Areata Foundation (NAAF) https://www.naaf.org/
* National Eczema Association http://nationaleczema.org/
* National Psoriasis Foundation http://www.psoriasis.org/
* National Rosacea Society http://www.rosacea.org/

Contra Costa County Mental Health Resources:

* Contra Costa Crisis Center Hotline: 800-833-2900 (24 hours/7 days per week)
* Psychiatric Emergency Services (CCRMC)
* George & Cynthia Miller Wellness Center (psychiatric urgent care)
* http://cchealth.org/mentalhealth/

When to get help:

If you experience any of the following please make an appointment with your health care provider to discuss management options.

* Sadness
* Anger
* Loneliness
* Very low energy with inability to complete your normal daily activities
* Loss of interest in your favorite activities
* Anxiety

If you experience any of the following, please call 911 as soon as possible.

* Wanting to hurt yourself or others

“I can be changed by what happens to me. But I refuse to be reduced by it.” \*Maya Angelou