

## MENTAL HEALTH MONTH

Did you know that 1 in 5 people will be affected by mental illness in their lifetime?\* Many dialysis patients experience depression and/or anxiety. Depression is more than just feeling sad or going through a rough patch. It is a serious mental health condition that requires understanding and treatment. Everyone experiences anxiety sometimes, but when it becomes overwhelming and repeatedly impacts a person's life, it may be an anxiety disorder. For both, medication and cognitive behavioral therapy (a type of talk therapy) can help.

### THINGS YOU CAN DO RIGHT NOW TO HELP WITH ANXIETY AND DEPRESSION

- **Get physically active.**
  - <https://www.kidney.org/atoz/content/stayfit>
- **Find a therapist.**
  - <https://www.psychologytoday.com/us/therapists>
- **Get plenty of sleep.**
  - <https://www.sleepfoundation.org/articles/sleep-hygiene>
- **Join a support group.**
  - <https://aakp.org/support-groups>
- **Get social.** Make regular dates with friends.
  - <https://www.meetup.com>
- **Meditate.**
  - <https://www.psychologytoday.com/us/basics/meditation>
- **Practice breathing exercises.**
  - <https://www.calmclinic.com/anxiety/treatment/breathing-exercises>



Get more information about mental health conditions, treatment and support by visiting <https://www.nami.org/Learn-More/Mental-Health-Conditions>.

To file a grievance, please contact your designated ESRD Network below.

**Quality Insights Renal Network 3**  
1-888-877-8400  
109 S. Main Street, Suite 21  
Cranbury, NJ 08512  
[www.qirn3.org](http://www.qirn3.org)

**Quality Insights Renal Network 4**  
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