

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's 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) help.

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

All of these things can be done virtually while we practice physical distancing in this COVID-19 era.

- **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

Quality Insights Renal Network 4

1-800-548-9205

610 Freedom Business Center, Suite 102

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www.qirn4.org

Quality Insights Renal Network 5

1-866-651-6272

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