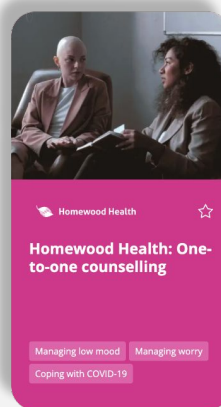
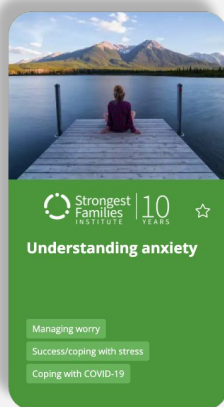
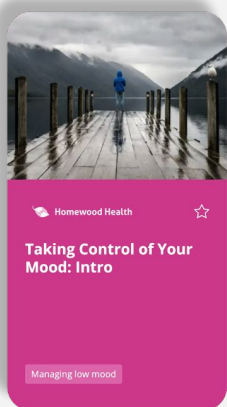
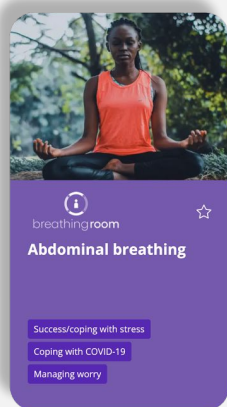


Taking care of your mental health is part of your eczema treatment

We know that eczema can have a significant impact on patients' psychological and emotional wellbeing. The disease is unpredictable, and changes daily, with **red-hot skin**, **extreme itch**, **loss of sleep** and **daytime concentration** all **interfering with daily life**. Symptoms of anxiety and depression can create a vicious circle, exacerbating the physical symptoms of your disease, which in turn leads to greater mental health problems. This negatively affects patients' wellbeing, which is why it's so important to seek help if you are struggling with your mental health or managing your disease.

Here are some free online resources to help you feel more at ease and in control:



Access these resources via the QR codes

You can also get in touch with a counselor immediately by phone:
1-866-585-0445 (Adults) or 1-888-668-6810 (Youth)