

Take control of your mental health & wellbeing



Your immune-mediated condition can affect your emotional health and wellbeing.



Depression is estimated to affect between **14% to 48%** of people with rheumatoid arthritis.¹



30% of people with IBD report dealing with depression and/or anxiety. The risk was linked to the severity of their condition.²



People with severe psoriasis can have a **72%** increased risk of depression compared to people with mild psoriasis.³ It is estimated that **21% to 43%** of people with hidradenitis suppurativa have depression.⁴

Support is available

Your doctor is always the best person to speak to if you have concerns about your mental health and wellbeing. Here are some other options:



If you need immediate help, call Lifeline **13 11 14**

BEYOND BLUE Free 24/7 phone and online counselling from mental health professionals



1300 22 463



beyondblue.org.au

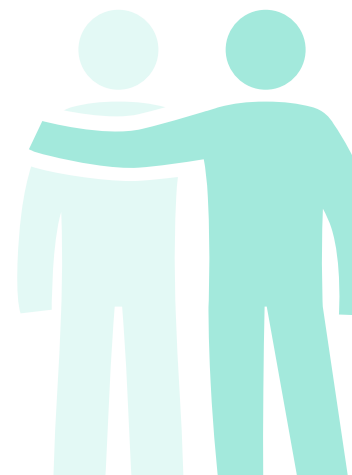
HEADSPACE Free and safe phone counselling for young people



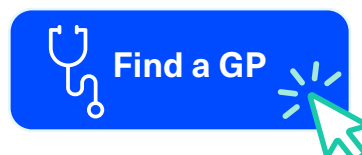
1800 650 890



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Take action and make a mental care plan with your GP



OR

