Mental Health
Finding Support

If you are having feelings of sadness or feeling unlike yourself, seek support from your loved ones or a mental health specialist.

If you are concerned about a loved one, start by talking to them and encourage them to talk to a trusted provider. Be careful not to place blame or use extreme language.

If you or someone you know is in danger of harming themselves, call a local crisis line or the National Suicide Prevention Line at 1-800-273-TALK (8255).

Join a community support group to find people who understand and empathize with your struggles.

Mental Health And Your Liver

The American Liver Foundation has a helpline to find information and local resources at 1-800-465-4837.

The American Liver Foundation is partnered with Inspire.com to create an online global support community. Visit https://www.liverfoundation.org/for-patients/resources/ for more information.

Doctor’s Tip

If you have underlying liver disease, let your doctor know if you or your family notice changes in your mood, behavior, memory, or level of alertness.
- Bianca Chang, University of Chicago

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes