

PATIENT RESOURCES

Where can I get more information?

- American Society of Nephrology
<https://www.asn-online.org/>
- The National Kidney Foundation
<https://www.kidney.org/>
- Your Unit Social Worker:
Social workers in dialysis clinics are required to have a master's degree in social work and are trained mental health counselors. Seeking mental health help from your dialysis social worker is one option, but if you would like to seek help outside the dialysis unit, your social worker can refer you to other resources.

IMMEDIATE HELP

- **Mental Health.gov**
Get immediate help!
<https://www.mentalhealth.gov/get-help/immediate-help>
- **National Alliance of Mental Illness**
800-950-6264 ♦ <https://www.nami.org/>
- **Suicide Prevention Lifeline**
1-800-273-TALK (8255) ♦ <http://www.suicidepreventionlifeline.org>
24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.
Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

ASK QUESTIONS

- **American Association of Kidney Patients**
1-800-749-AAKP ♦ <https://aakp.org/dialysis-education/>

- **DaVita – Kidney Care**
1-800-244-0680 ♦ <https://www.davita.com/kidney-disease>
- **Dialysis Clinic, Inc – DCI**
1-615-37-3061 ♦ <http://www.dciinc.org/articles/>
- **ESRD National Coordinating Center**
844-472-4250 ♦ <https://www.esrdncc.org/en/resources/>
- **Fresenius – Kidney Care**
1-800-377-4607 ♦ <https://www.freseniuskidneycare.com/>
- **Kidney Fund**
<http://www.kidneyfund.org/training/webinars/archive.html>
- **Kidney School**
Kidney School is a comprehensive online education program for people who want to learn how to manage and live with chronic kidney disease
<http://www.kidneyschool.org/mods/>
- **National Kidney Foundation**
1-855-NKF.CARES (653-2273) ♦
<https://www.kidney.org/kidneydisease>
- **Life Options**
Life Options is a program of research, research-based education, and outreach founded in 1993 to help people live long and live well with chronic kidney disease
<https://lifeoptions.org/>
- **Renal Support Network HOPEline**
800-579-1970
<https://www.rsnhope.org/hopeline-kidney-disease-support-phone-line/>

PEER MENTORING

- **ESRD National Coordinating Center**
Peer Mentoring Resources
<http://esrdncc.org/patients/educational-materials/>
- **ESRD Network 5**
Peer Up! Program - A Special Innovation Project
<http://www.esrdnet5.org/Special-Initiatives/Peer-Up!-Program.aspx>
- **ESRD Network 10**
The Renal Network Facility Peer Program
http://www.therenalnetwork.org/services/facility_peer_program.html
- **ESRD Network 11**
Midwest Kidney Network Peer Mentoring Coaching Materials
<http://midwestkidneynetwork.org/engaging-patients/peer-mentoring>
- **ESRD Network 16**
Northwest Renal Network brief guide to peer mentoring
<https://nwrn.org/images/LAN2015/PeerMentoring.pdf>
- **National Kidney Foundation**
NKF Peers Contact
855-653-7337 ♦ <https://www.kidney.org/patients/peers>
Speak with a trained peer mentor who can share their experiences about dialysis or transplant.

SUPPORT GROUPS

- **American Association of Kidney Patients - AAKP**
Find a Support Group – by State
800-749-AAKP ♦ <https://aakp.org/support-groups/>
This site will help you find support groups in your area. Remember, though, that Cancer Support groups may also be helpful. Many of the issues are similar.
- **DaVita Kidney Care: Kidney Disease and Dialysis Forums**
<http://forums.davita.com/>

MEDITATION

- **Calm**
Reduce Anxiety, sleep better, live happier. Calm brings clarity, joy and peace to your daily life. Join the millions experiencing the life-changing benefits of meditation and mindfulness
<https://www.calm.com/>
- **Mindful**
Mindfulness meditation practice couldn't be simpler: take a good seat, pay attention to the breath, and when your attention wanders, return. By following these simple steps, you can get to know yourself up close and personal.
<https://www.mindful.org/mindfulness-how-to-do-it/>
- **UCLA Health:** Free guided meditations
<http://marc.ucla.edu/mindful-meditations>

EXERCISE

- **DaVita:** Exercise for Dialysis Patients
<https://www.davita.com/kidney-disease/dialysis/life-on-dialysis/exercise-for-dialysis-patients/e/5295>
- **Fresenius Kidney Care:** Make Exercise a part of your every day
<https://www.freseniuskidneycare.com/thriving-on-dialysis/staying-healthy/exercise>
- **Life Options:** A guide for people on dialysis
<https://lifeoptions.org/assets/pdfs/exercise.pdf>

12 – STEP PROGRAMS

- **Alcoholics Anonymous**
Find a meeting near you
https://www.aa.org/pages/en_US/find-aa-resources?zipcode=Zip%2FPostal+Code&csrf=f3ec3a6089fb91c7362cd0b614bcbb15741fdcf6e384d4f10517797f9fbc8b08

- **Behavioral Health Treatment Services Locator**
Find alcohol, drug, or mental health treatment facilities and programs around the country.
<https://findtreatment.samhsa.gov>
- **Opioid Treatment Program Directory**
Find treatment programs in your state that treat addiction and dependence on opioids, such as heroin or prescription pain relievers.
<http://dpt2.samhsa.gov/treatment>
- **Recovery.org**
Tap into a community of people in recovery, people seeking help with an addiction, and those seeking help for a loved one... Join our community forums for free today!
<https://www.recovery.org/forums/>
- **Substance Abuse and Mental Health Services Administration**
1-800-622-HELP (4357) ♦ <https://www.samhsa.gov/find-help>
Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

PSYCHOTHERAPY

- **American Psychology Association**
Psychologist Locator
<https://locator.apa.org/? ga=2.75654108.896303003.1523214805-782561789.1523214805>
- **American Psychiatric Association - psychiatrist finder**
<http://finder.psychiatry.org/>
- **Good Therapy**
Find the Right Therapist
<https://www.goodtherapy.org/find-therapist.html>
- **Psychology Today**

Find a therapist

<https://www.psychologytoday.com/us/therapists>