

HAE Healthy Minds Workshops

"[By sharing coping strategies with others] I don't feel so isolated or alone. It helps me overcome insecurities and gain positive valuable effective information."

"On a personal level [improving our overall mental health] is extremely important. It's about self-esteem and self-worth, modelling for others in a similar situation. On a national level it's a Public Health issue, with the cost to the community being critical."

To ensure that HAE patients and carers have access to mental health support services tailored to their unique circumstances, HAE Australasia have developed these workshops for small groups facilitated by a clinical psychologist. Patients and carers can discuss their issues, diagnosis, symptoms and how they cope day to day with living with HAE in an understanding environment. Through these discussions, they are given the tools to help cope with anxiety, depression and other mental health issues relating to HAE.

*HAE Meet Ups and
HAE Healthy Minds Workshops
are supported by:*