

# You are not alone

Women and girls and their parents often comment that it is helpful to talk to others in a similar situation and know that they are not alone, even though bleeding disorders may only affect them at certain times in their life.

“ There are many supporting groups available and there are many other women who understand your issues. ”

Haemophilia Foundations are a great way to connect with others and share experiences.

## State and Territory Haemophilia Foundations have:

- Newsletters and web sites to update people with bleeding disorders and their partners, families, friends and carers
- Social activities where you can meet, talk about common experiences, and enjoy a meal or a day out, such as family camps, Christmas parties, women's groups and youth activities.

## Haemophilia Foundation Australia also supports:

- A national website with information and personal stories for women with bleeding disorders
- Social media sites, such as Facebook, Twitter and Instagram
- A youth program (Youth Lead Connect) and a website (Factored In) for young people affected by bleeding disorders

## For more information, visit:

- HFA website – [www.haemophilia.org.au](http://www.haemophilia.org.au)
- Factored In youth website – [www.factoredin.org.au](http://www.factoredin.org.au)



For more information visit [factoredin.org.au](http://factoredin.org.au)

**Important Note:** This booklet was developed by Haemophilia Foundation Australia for education and information purposes only and does not replace advice from a treating health professional. Always see your health care provider for assessment and advice about your individual health before taking action or relying on published information. © Haemophilia Foundation Australia, October 2018. [www.haemophilia.org.au](http://www.haemophilia.org.au)