

# ASK US...

## Q & A's with Alex & Jane

### QUESTIONS FOR THE ALFRED HTC TEAM

**What kind of mental health concerns do people with bleeding disorders have?**

Having a chronic illness makes a person more likely to suffer with mental illness particularly anxiety and depression.

The challenge is to build up your skills along the way. As issues come up find a positive way to deal with them. If there are hurdles to jump, work out what will help, who can support you and what are your options. We know that some people manage certain things better than others.

How can you be one of the ones that gets through rather than struggle with various challenges?

Having support from your own network and/or professional help can make a huge difference. It is important to remember that you do have strengths, and often finding these and building on them is your pathway through a current difficulty.

**Loneliness is being recognized as a major issue today. Interestingly the UK Government has appointed a Government Minister for Loneliness. Does loneliness have an effect on my haemophilia, and vice versa does my haemophilia have an effect on loneliness?**

Yes and yes, but it doesn't have to stay that way. We know that having a chronic health condition, especially one such as Haemophilia does make it harder to connect with other people. There can be physical challenges to contend with.

We also know that loneliness can contribute to serious health consequences, such as sleep disturbances, substance abuse, depression and suicide. There are small steps that can make a big difference.



Photo by Serkan Gökay from Pixels

Getting involved in something, come to the HFV community camp, find an interest, volunteer, or get a pet are just a few ideas, there are many more.

The solution is a whole community thing, so reaching out to those that you know might be more isolated can make a huge difference.

**Jane Portnoy & Alex Coombs  
Social Workers,  
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**ARE YOU AN EMPTY NESTER?**

Has your son or daughter left home?  
Please send us their address so we can keep them connected with HFV!

**FREE MEMBERSHIP FOR THEIR FIRST YEAR**  
EMAIL: [info@hfv.org.au](mailto:info@hfv.org.au)  
Grandparents and extended family also invited to join!