



Living with chronic kidney failure means changes in many aspects of your life.

- It is normal to feel angry, sad or discouraged at times. Speak openly to your family and friends about your feelings.
- See your dialysis clinic Social Worker. He or she can help you and your family understand the feelings you may be having about changes in your health, and give you good ideas about how to manage any changes in your day-to-day life.
- Join a support group or talk to other people who are also on dialysis
- Include your family members in discussions and decisions about your treatment
- Talking with a clergyperson may be comforting



