

Huntington's disease and mental health



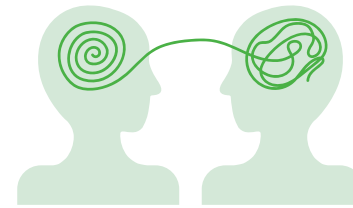
Connect with others

Sharing experiences with other carers can reduce feelings of isolation. It might feel like no one else understands, but many people are going through similar experiences.



Practice self care

Whether it's sports, games, seeing friends, music or pampering yourself, do things that bring you happiness. It's important to take time for yourself to relax and recharge.



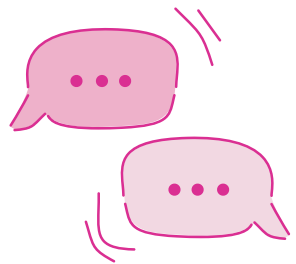
Use counselling

Talking gives you the chance to process what is going on. GPs can refer you for therapy or you can find local services through the BACP.



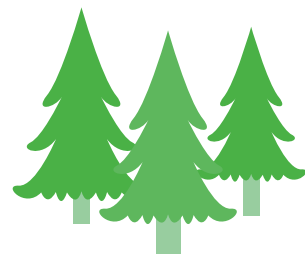
Get active

Moving your body is a great way to look after your mental health. Exercise can really help to boost your mood and energy.



Talking about your feelings

Talking about your feelings is one of the best ways to cope. Sharing what worries or upsets you helps you process and feel less alone.



Spend time in nature

Being outdoors can help to clear your head and relax you and can make a huge difference to your mental wellbeing.



Reach out for support

Connect with friends, family, support groups or our Advisers. People cannot support you if they don't know you are struggling.



Don't wait until breaking point

Ask for help early if you are struggling.