



MENTAL HEALTH RESOURCES

EDUCATIONAL RESOURCES

- The NFDF provides a collection of educational videos on its YouTube channel.
<https://www.youtube.com/playlist?list=PL3k8rireOZraUi6c79caxsFydFRRN2SW>

The screenshot shows a YouTube channel interface. On the left, there is a thumbnail for a playlist titled 'MENTAL HEALTH AND FAMILY RESOURCES' with a sub-label 'NFDF Family Assistance Program with KGA'. The thumbnail features a woman's face and the text 'Monday February 12th 7:00 pm ET'. Below the thumbnail, it says '5 videos 4 views Last updated on Apr 4, 2024'. On the right, there is a list of five video thumbnails, each with a title, duration, and view count. The titles are: 'NFDF Family Assistance Program with KGA' (36:48), 'Psychosocial Aspects of Living with Fabry Disease' (57:48), 'Mindfully Rare Resources for Mental Health Support (NAMI)' (41:00), 'Stress, Anxiety, and Depression with Fabry Disease' (52:07), and 'Psychology presentation - National Fabry Disease Foundation's 2020 Family Conference' (46:20). Each video thumbnail includes a small profile picture and the date it was uploaded.

KGA SUPPORT SERVICES

- The NFDF and CFA partner to provide access to KGA support services for all individuals with Fabry disease and their family members living in the United States or Canada.
 - Free, confidential counseling, referrals, and concierge services.
 - You can reach a counselor 24/7 by calling [800-648-9557](tel:800-648-9557)
 - Learn more at <https://www.youtube.com/watch?v=BvU5NKdOGnI&t=192s>
 - **Company Code: fabry**
 - Online resource library and referral requests www.my.kgalifeservices.com
 - Create a free account with company code fabry to access benefits
 - Login for free access to KGA's MindTide mindfulness app

OTHER VALUED RESOURCES

- Mindfully Rare is specifically designed to support the mental health of people with Fabry disease and their caregivers
 - www.mindfullyrare.com/fabry/home
- National Alliance on Mental Illness (NAMI)
 - Daytime HelpLine is available by phone [800-950-6264](tel:800-950-6264) or text "HelpLine" to 62640
 - Referral network, online resources www.nami.org/findsupport
- National Crisis Lifeline
 - You can call/text [988](tel:988) 24/7 for confidential and free crisis counseling.