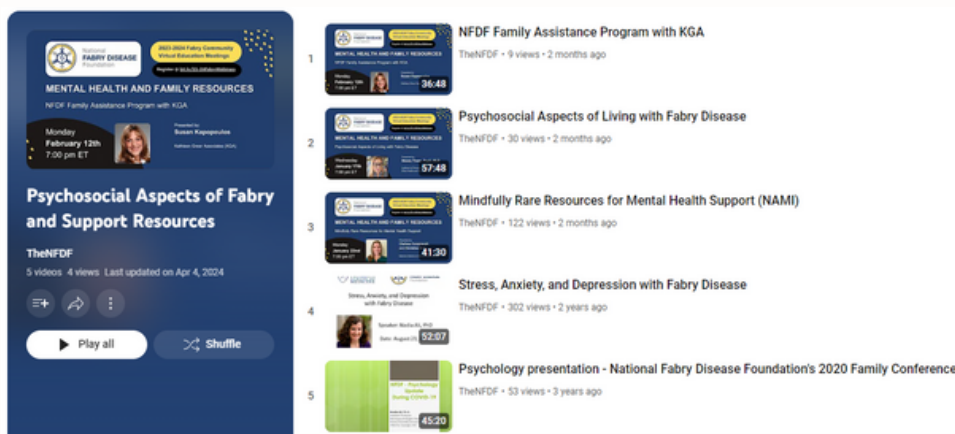




MENTAL HEALTH RESOURCES

EDUCATIONAL RESOURCES

- The NFDF provides a collection of educational videos on its YouTube channel.
<https://www.youtube.com/playlist?list=PL3k8rireOZraUli6c79caxsFydFRRN2SW>



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=BvU5NKdOGnl&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.