

Topic of the Month

Coping and Depression

Step 1: Plan

Review the following Network and community resources to plan an activity to help patients learn more about strategies to help them cope and to identify and address depression.

Network Resources

- The My Kidney Kit (MKK) is available in the dialysis center and online in English and Spanish at www.mykidneykit.org. Highlighted MKK pages for this month include:

- [My Life: Being Active](#)
- [My Life: Coping with Dialysis](#)
- [My Life: Healthy Lifestyle Choices](#)
- [My Life: Traveling with Dialysis](#)
- [My Treatment: What is Depression?](#)



• Creative Activities and Engagement Tools:

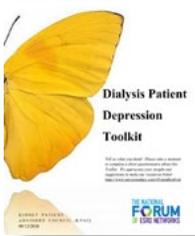
- [Chair Yoga](#) (patient handout) provides some simple yoga movements that can be done even for those with physical limitations.
- [Exercise to Feel Better crossword puzzle](#) (patient handout)
- [Kidney Mandala coloring sheet](#) (patient handout)
- [Patient Engagement Showcase](#) includes images and information on patient engagement activities on coping and depression from clinics in the region.
- **Patient Stories**
 - [Heartland Headlines patient newsletter](#) includes patient stories and tips to living well with kidney disease. Current and prior editions are available.
 - [Kidney Patient Views Podcast](#) offers real stories from real people living with kidney disease.
 - [My Journey with Kidney Disease](#) video shares patient stories addressing questions they wish they would have had answers to when they started dialysis. It is available online or by contacting Network 12 for the DVD.
- [Self-Reflection Journal](#) (patient handout)
- [Six Tips to Maintain Mental Well-Being During COVID-19](#) (patient handout)
- [Stress Awareness: Learning to Relax](#) (patient handout)
- [Train Your Brain to Relax](#) (patient handout)
- [Words that Inspire Gratitude](#) (patient handout)
- [Feeling Blue](#) (poster) provides information on the symptoms of depression.



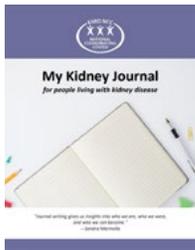


- [Myths and Facts about Depression](#) (patient handout)
- [What You Can do for Depression](#) (patient handout)
- [Online and National Peer Support](#) (patient handout) provides a listing of online and national peer support resources.
- [Volunteering](#) (patient handout)

Kidney Community Resources



- Dialysis Patient Depression Toolkit ([English/Spanish](#)). This toolkit was designed by patients for patients, in collaboration with healthcare experts, to help individuals who feel they may be experiencing depression, by the National Forum of ESRD Networks. ([Toolkit brochure](#))
- ESRD Network Coordinating Center (www.esrdncc.org)
 - [Starting Your Journal](#)
 - [My Kidney Journal for people living with kidney disease](#)
 - [Starting Your Caregiver Journal](#)
 - [My Journal for kidney caregivers and care partners](#)



- Living Well on Dialysis-Take Charge of your Emotions ([English/Spanish](#)) handout was created by Dialysis Patient Citizens (www.dialysispatients.org) and the American Psychological Association.



- Medical Education Institute, Inc. (www.mei.org) offers Life Options and the Kidney School (www.kidneyschool.org) programs as part of their resources.
 - Coping with Kidney Disease-Kidney School Module 5 ([Complete Online](#) or Download: [English/Spanish](#)). This course shares information on emotions, recognizing and dealing with depression and asking for help.
 - Life Options (www.lifeoptions.org)
 - Coming to Terms ([video](#)) Learn how to think about kidney disease in a different way so you can stay positive and take action.
 - Just the Facts-Dealing with Depression ([English/Spanish](#)) handout.

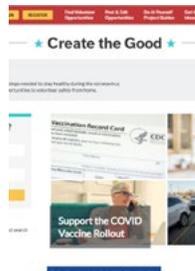
National Resources for Wellness and Coping With the COVID-19 Pandemic



- American Heart Association website (www.heart.org) has tips for [healthy living](#) including mental health and stress management.
- [APA COVID-19 Information and Resources](#). American Psychological Association (www.apa.org) has updates their website including tools to help with stress, anxiety and grief.
- [Coronavirus Anxiety Workbook](#). The Wellness Society (thewellnesssociety.org) offers toolkits to therapists and individuals, including this workbook to be used as a tool help build resilience during difficult times.



- [Coronavirus Disease 2019](#) (COVID-19) information is available on the Centers for Disease Control and Prevention website (www.cdc.gov) including information on [Coping with Stress](#).
- [Dialysis Patient Citizen's Education Center Resource Listing for additional support during COVID-19 Factsheet](#). Resource topics include: disability, financial assistance, nutrition, healthcare, housing and utilities, jobs, transportation, women and children, daily living, and staying safe.



- ESRD NCC (esrdncc.org) is providing resources to address COVID-19 including patient focused webinars and informational handouts.
 - 4 Ways to Empower Yourself to Cope with COVID-19 ([English/Spanish](#))
 - [COVID-19 Mental Health Toolkit](#) provides tools, guidance and resources to support renal patients and the professionals that care for them.
 - COVID-19 Webinar Events ([Patient Events/Flier](#))
 - [Multiple Ways to Connect with Others During COVID-19](#)
 - Tips to Help You Boost Your Physical and Mental Health During COVID-19 ([English/Spanish](#))
- [GHLF COVID-19 Support Program for People for Chronic Disease Patients and their Families](#). The Global Healthy Living Foundation (www.ghlf.org) has developed a support program for patients and their families to get updated information, community support and resources.
- Hotlines are available for support and resources:
 - Crisis Text Line: Text: HOME to 741-741 (www.crisistextline.org)
 - National Alliance for Mental Illness Helpline (www.nami.org): 1-800-950-6264 or text NAMI to 741-741.
 - National Domestic Violence Hotline: 1-800-799-7233
 - National Suicide Prevention Lifeline (suicidepreventionlifeline.org): 1-800-273-8255
 - [Disaster Distress Helpline](#) (www.samhsa.gov) 1-800-985-5990 or text TalkWithUs to 66746.
- [Maintaining Emotional Balance in an Unbalancing Time](#). This presentation by the Coalition for Supportive Care of Kidney Patients. (www.kidneysupportivecare.org) gives advice for clinic staff when responding to hard questions and emotional distress about COVID-19 from dialysis patients or their families.
- National Institute of Mental Health (www.nimh.nih.gov)
 - [Managing Stress and Anxiety](#) ([video](#)). NIMH Expert Dr. Krystal Lewis discusses managing stress and anxiety.
 - My Mental Health: Do I Need Help? ([English/Spanish](#)) handout provides symptoms and strategies to get help and cope.
- [NAMI COVID-19 Resource and Information Guide](#). National Alliance on Mental Illness (www.nami.org) guide includes information on how to handle stress and anxiety and resources including support groups, financial and medication assistance.
- [Taking Care of your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#). Substance Abuse and Mental Health Services Administration (www.samhsa.gov) fact sheet shares both tips and resources available.
- Volunteering has been shown to improve overall health and happiness. Visit United Way (www.unitedway.org); Volunteer Match (www.volunteermatch.org); and Create the Good (createthegood.aarp.org) to find out more about volunteer opportunities in your community.

Step 2: Take Action

Team up with your staff and Network Patient Representative (NPR) to complete a patient engagement activity.

- Talk with your NPR to discuss ideas on what resources and activities they would like to see at the clinic to educate patients on coping and depression.
- Create a bulletin board to:
 - share information on how to cope during COVID-19.
 - share myths and facts about depression.
 - share local mental health and volunteer resources.
 - encourage patients to be active or share how they enjoy life “beyond the chair.” Ask patients to bring in photos.
- Educate patients and staff by sharing the My Kidney Kit pages. Use the [My Education Sheet](#) to document any patient goals.

Step 3: Share

Share what your clinic has done with the rest of the Network!

- Ask your Network Patient Representative (NPR) for their feedback and encourage them to attend the next NPR Connection Session to share with others!
- Take a photo of your activity and your clinic’s patient engagement activities at [Patient Engagement Activity Report](#). Highlights will be shared through the projects and e-newsletter.

Three Levels of Patient Engagement



For more information or to file a grievance, please contact

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