



# MAY IS MENTAL HEALTH AWARENESS MONTH!

To all the incredible caregivers and care partners of kidney patients, we see and appreciate you and want to acknowledge the sacrifices you make daily. Your dedication and unwavering support for those living with kidney disease do not go unnoticed.

As part of the Kidney Patient Advisory Council, we want to remind you to recognize your experiences and emotions. It's easy to get lost in the role of caregiving, but it's crucial to remember to take care of yourself, too. Your mental, emotional, and social well-being are as important as those you care for.

While caring for others, you mustn't lose sight of your identity. Remember that you are more than just a caregiver – you are unique with your own needs, dreams, and aspirations. Finding a balance between caring for others and yourself is critical to maintaining your well-being.

We encourage you to prioritize self-care, seek support when needed, and remember that it's okay to ask for help. Your strength and resilience are truly remarkable, but it's important to remember that you are not alone on this journey.

Thank you for everything you do for those living with kidney disease. Your compassion, love, and dedication make a world of difference. Let's continue supporting each other, uplifting one another, and highlighting the importance of mental health and self-care. Together, we can positively impact and create a supportive community for all.

#MentalHealthAwarenessMonth #KidneyCaregivers #SelfCareIsImportant #KPAC  
#YouAreNotAlone