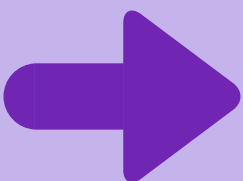


8 THINGS THAT EVERYONE WITH ALOPECIA AREATA WILL HEAR (AND WHAT YOU CAN SAY INSTEAD)

IT'S JUST HAIR

While it's true that people with Alopecia Areata are physically healthy, the emotional impact is significant.

Try Instead



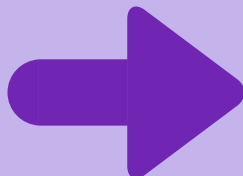
ARE YOU OKAY?

Check in with you loved ones who are living with Alopecia. Show that you are there for them, and support them with what they're going through.

AT LEAST IT'S NOT...

Alopecia Areata may look similar to hair loss caused by cancer treatment, but they are very different. To have them compared can be distressing, and can feel like being told to be grateful for the condition you do have.

Try Instead



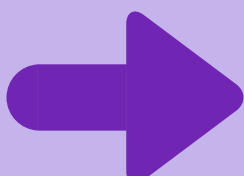
HOW HAVE YOU BEEN?

If you have been worried about a friends health, it can be a relief to hear that Alopecia Areata is not life threatening. However, remember that it is life changing, and your friend may need support.

WHY ARE YOU STRESSED?

It is a common misconception that Alopecia Areata is caused by stress. This is not true, and can feel like being blamed for causing your own condition.

Try Instead



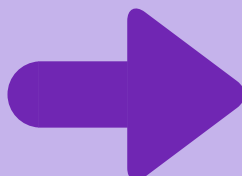
THAT MUST BE STRESSFUL.

Showing empathy and, where possible, offering emotional support is the best way to help someone managing Alopecia Areata.

AT LEAST YOU DON'T HAVE TO ...

It's normal to try to cheer someone up by looking for a bright side, but many people with alopecia still have to do things like shave and visit a hairdresser.

Try Instead



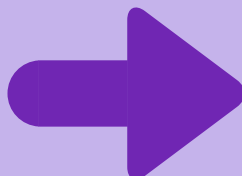
HOW HAS YOUR LIFE CHANGED?

Let them share what they find positive about their experiences. If they feel like there is no bright side, encourage them to get in touch with an Alopecia Support Group.

HAVE YOU TRIED...

You may have heard of someone who was able to treat their alopecia with a new treatment, diet, or lifestyle change and want to share this to help. We recommend that you don't suggest treatments unless you are asked.

Try Instead



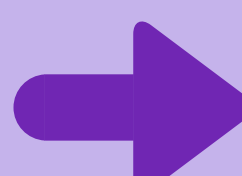
HAVE YOU FOUND THE RESOURCES YOU NEED?

People with alopecia are usually very well informed of their treatment options. If you are concerned, ask if they have been able to find the information they need. If not, let them know about the AAAF.

EVERYTHING HAPPENS FOR A REASON

While some people believe in this idea, and find it very comforting, others may not. Alopecia Areata can often feel very random and out of control, and this statement can feel distressing, even when meant out of love.

Try Instead



I BELIEVE IN YOU

Make sure they know that you are there for them and support them in whatever they do. The AAAF is also available if they need extra assistance.

YOU CAN JUST WEAR A WIG

Many people with alopecia wear very beautiful wigs. But for others, this isn't what works for them.

Try Instead



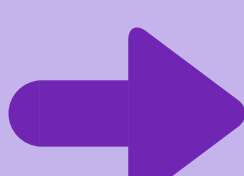
YOU LOOK AMAZING

Whether someone chooses to wear a wig or not is a very personal decision. Make sure they know that you love the way they look regardless.

YOU'RE SO BRAVE

While meant with love, this can be hurtful if said during a normal, everyday activity. It isn't brave to go to the shops with alopecia -- it's just living!

Try Instead



I REALLY ADMIRE YOU

Focus on why you care for an individual outside of alopecia, and on the amazing things about them that have nothing to do with their hair.