Living with Alopecia Areata

COPING STRATEGIES

SOCIAL SUPPORT

Alopecia Support Groups, family and friends, Support Ambassadors, and informing others can all help increase social support

AESTHETIC TOOLS

Wigs, hats, hoodies, makeup, and cosmetic tattooing are all tools for managing the physical appearance

RELAXATION AND DISTRACTION

Sport, arts, reading, fun with friends, time in nature, meditation, massage, and quiet time can help you relax and wind down

ACCEPTANCE

Talk therapy and counselling, positive reframing, and active coping techniques can help support emotional acceptance

HOW TO SUPPORT ACCEPTANCE AND MENTAL HEALTH

BE KIND TO YOUR MIND

Notice how you talk to and think about yourself. Practise responding to yourself like you would a close friend.

REFOCUS YOUR ATTENTION

Take care of your body and brain with a balanced diet, enough water and regular exercise. Explore creative or social outlets that you enjoy, like art or sport.

THERE IS ALWAYS SUPPORT AVAILABLE

AAAF have Alopecia Support Groups for all states and online tools to help connect. Support Ambassadors and local Branch Managers can be contacted for one-on-one support.

To contact us, visit aaaf.org.au

REACH OUT

For immediate support contact: Lifeline.org.au or call 13 11 14

You can also talk to your doctor about a Mental Health Care Plan and services available near you.

Visit aaaf.org.au for more