

# GUIDE. Living with Hepatitis

## I Feel Afraid and Alone

Learning that you have viral hepatitis can cause a lot of different feelings including relief, disbelief, anger, fear, guilt, blame, denial, shame and anxiety. These feelings are a natural part of learning to live with a chronic disease.



Tell your doctor. He may refer you to another professional or prescribe your medication to manage your feelings.



Approach your family and friends whom you trust or join a support group. Positive relationships can help us deal with our problems. Remember, you are not alone.

Some people may not know enough about hepatitis and think they can “catch” the virus from you or that all liver diseases are caused by alcohol or drug use.

They may change the way they act around you or they may be excessively worried about you.



Isolate yourself. Instead, connect with people who can support you.



Try talking to them. Help them to understand hepatitis.