

# Finding Support for Endometriosis



If you have endometriosis, you may look for support from mental health professionals, friends and family, or support groups.

There are many types of therapy that have been found effective for people with endometriosis. Mental health professionals (e.g., counsellors, clinical psychologists, social workers, and psychiatrists) can help you build new coping skills in a safe space where you also share your feelings and your experiences.

## Family and Friends

You might get support from family and friends by talking about your concerns. Friends and family can help with day-to-day tasks, including keeping you connected to work and school. You might also ask them to join you for medical appointments to help take notes or advocate for you.



## Support Groups and Events

Endometriosis support groups and endometriosis-related events can help you connect with other people with endometriosis. They also offer a safe space to share your experiences with others who understand.

To learn more visit  
[yourperiod.ca/endometriosis](http://yourperiod.ca/endometriosis)

