

# SUPPORTING SOMEONE WITH PH



#PHDayUK

If you know someone who has pulmonary hypertension (PH), this is how you can help them...

- Don't assume someone is ok just because they **'look'** well. Not all disabilities are visible
- Some days will be good, some days will be bad, and others will be somewhere in-between. Be **understanding** and **patient** with these changes
- Show **encouragement** on the better days and **compassion** on the days that aren't so good
- Remember that PH can have an impact on **close friends** and **family** members too
- **Don't judge.** PH creates lots of challenge and people are affected in different ways – both physically and emotionally
- Many people with PH have to **'budget' their energy carefully.** Be understanding of their need to plan ahead or decline invitations
- Spend some time learning more about the condition and how it impacts people's lives by visiting [www.phauk.org](http://www.phauk.org) and [www.phocusonlifestyle.org](http://www.phocusonlifestyle.org)



These tips were compiled with the input of PHA UK members who live with PH



Scan to find out more about PH