

Let's Start the Conversation: Eczema at Home

This resource has been developed by National Eczema Society to help you proactively support the mental health of your loved one living with eczema.

Whilst there are many important aspects to consider about eczema support, this resource has been created specifically to support your loved one's mental health. Further resources can be found at eczema.org.

The below suggested questions have been developed to help facilitate conversation about your loved one's eczema, how they are feeling and how best you can support them.

Starting the conversation

- Ensure the conversation is at a time that works for them, they haven't got to rush off for other plans, they don't have work stresses they need to tend to. Allow enough time for the conversation.
- Make sure you're sat in a comfortable environment, ensuring you can't be overheard.
- Make some tea or get their favourite snacks. We want them to feel relaxed.

Starting the conversation

1. Ask how they're feeling? Encourage honesty here, let them know you're here to support them.
2. Ask do they think their eczema is having an emotional impact on them? Ask why.
3. Is there anything that's worrying you about your eczema?
4. Are there other stress factors affecting your eczema? Exams, work, family life? How can we ease those?
5. How're you coping at school/work? Is there a counsellor you can speak to there?
6. What do you like to do when you've had a low mental/physical eczema day?
7. What makes you feel confident? Support them in this, join in the activity or encourage their interest.
8. What hobbies have you been enjoying lately? They aren't just their eczema, talk about life outside eczema.
9. Have you spoken to your GP about the mental impact of eczema? Encourage this if they're feeling low.
10. Ask how they feel after sharing with you. Suggest making this a regular chat. Let them know you care.

After the conversation

- Let them know you are there for them. They can always reach out to you to tell you how they're feeling or if there is something affecting their mental health.
- Regularly broach how they're feeling. The more you start the conversation, the easier it will become for them to share with you.

Remember - Eczema is a physical condition, but it can have a big impact on mental health.