


Eczema: Not just skin deep

eaaa

eczema association australasia
support education management



Eczema sufferers are **44%** more likely to exhibit suicidal behaviour
AND 36% more likely to attempt suicide



43% have reduced self-esteem and confidence



41% say the condition impacts their sleep with **28%** feeling restless

1 in 4 say the condition impacts their ability to carry out everyday activities



Tips for coping



Keep busy with things you enjoy



Stay cool to relieve itching



DON'T be afraid to seek help

Sufferers often feel frustrated, anxious and embarrassed



The ongoing pain, discomfort, psychological and emotional scars can be harder to see



Lifeline **13 11 14** (24 hours / 7 days)
Lifeline Text **0477 131 114** (6pm-12am)



1800 512 348

We're here to help! 📞 1300 300 182 ✉ help@eczema.org.au 🌐 www.eczema.org.au

Eczema, it's #morethanjustskin  eczemaau  eczemaau  EczemaAu