

# [Coping with Kidney Disease](#)

Being diagnosed with End Stage Renal Disease can be a life changing event. Coping with kidney disease is a process and not one that you have to go through alone. It is important to acknowledge the feelings that you are experiencing as you enter and adjust to this new stage in your life. You are not alone. Having a support system in place can increase one's ability to cope effectively with kidney disease. Living a full and healthy life with kidney disease is possible. Learning how to better cope with the struggles you may face each day is the first step in reaching success.

## **Resources**

[AAKP Renalife, Volume 28, No. 4](#)

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[Mental Health Resources for Patients](#)

[Patient Support Groups](#)

[Renal Support Network Kidney Talk](#)