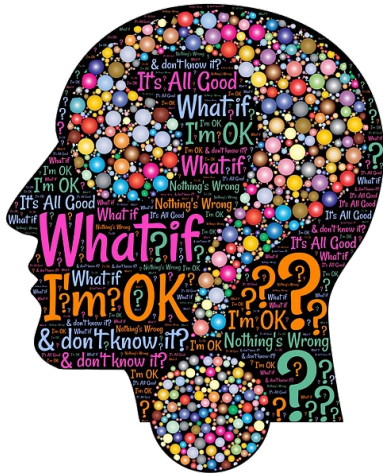


FAACT's Behavioral Health Resources Program

FAACT's Behavioral Health Resource Program provides numerous **FREE** resources focused on the psychological and social aspects of managing food allergies. Geared towards individuals, caregivers, and families, these resources may also be used as patient education materials for healthcare providers.



Food allergies require considerable time to manage and constant vigilance, which can pose a burden for both the food-allergic individual and caregiver. Learn more about the psychological, social, and quality of life impacts food allergies present in the **Psychological Impacts section**.

Navigating life while managing food allergies can feel overwhelming at times. **The Behavioral Health Resource Center** offers informational guides and handouts on a variety of topics such as food allergy anxiety, self-care, food allergy parenting at various stages, and more!



Presented in a welcoming format with interviews and open discussions, **FAACT's Roundtable podcast** episodes cover all aspects of living with food allergies across the lifespan.



Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others.

