

# Recognizing Emotional Issues

Dealing with CKD can be difficult emotionally and physically. If you feel like you're having trouble with emotional issues, talk to your renal care team. Medications, treatments, and other help may be available.

Seek comfort and guidance from those you trust. Talk to your family and close friends. Keep up any spiritual or religious activities that may help you.

**Above all else, tell your doctor right away if you're experiencing any emotional issues.**

© 2017 The Dialysis Patients Citizens (DPC) Education Center. All rights reserved. Unauthorized use prohibited. The information contained in this website is not a substitute for medical advice or treatment, and consultation with your doctor or healthcare professional is strongly recommended. The DPC Education Center is a section 501(c)(3) non-profit charity (37-1698796). Contributions are tax deductible to the fullest extent permitted by the law.

---

**Source URL:** <http://www.dpcedcenter.org/classroom/take-active-role-your-treatment/recognizing-emotional-issues>