

HONEST TALK

IT'S TIME TO GET HONEST
ABOUT HOW WE'RE FEELING

WORLD LYMPHOMA AWARENESS DAY

15 SEPTEMBER 2024

#WLAD2024



67% of people with lymphoma said they experienced emotional effects in the last 6 months, including **fear**, **anxiety**, **depression** and **isolation**.*

HONEST CONVERSATIONS ABOUT HOW WE'RE FEELING CAN:

- Help address any emotional concerns
- Connect individuals to specialists and resources
- Foster better, more supportive relationships

IT'S TIME FOR HONEST TALK

If having the conversation feels awkward, download the **Honest Talk Conversation Starter**. The digital postcard can be shared with medical teams or personal contacts to help open a dialogue and address concerns.

The **Honest Talk Conversation Starter** and other practical tools to help understand, address and manage challenging feelings can be found at worldlymphomaawarenessday.org

LYMPHOMA
COALITION 

* According to the Global Patient Survey on Lymphomas & CLL 2024.