THE PSYCHOSOCIAL TOLL OF FOOD ALLERGIES

FOOD ALLERGY PATIENTS and families have to think about every bite of every meal, every day. A SINGLE MISTAKE can cause severe illness, or even death. There are no approved treatments to prevent reactions. This relentless stress TAKES A TOLL on mental and emotional health.

Is it safe?
Will I have to go to the hospital?
Am I going to die?
Do I fit in?

MORE THAN 90 PERCENT SERVE PATIENTS & PARENTS WHO HAVE ANXIETY RELATED TO FOOD ALLERGY.

NEARLY 70 PERCENT TREAT PATIENTS WHO SUFFER FOOD ALLERGY-RELATED PANIC ATTACKS.

MORE THAN 70 PERCENT TREAT PATIENTS WHO REPORT FOOD ALLERGY BULLYING.

TWO-THIRDS REPORT MENTAL HEALTH CONCERNS RELATED TO FOOD ALLERGY.

MORE THAN HALF WANT RESOURCES TO HELP THEM COPE WITH FOOD ALLERGY STRESS AND ANXIETY.

ONLY 1 IN 6 PATIENTS AND 1 IN 7 CAREGIVERS HAD RECEIVED FOOD ALLERGY-RELATED MENTAL HEALTH SERVICES.

* Data provided by the FARE Patient Registry and the FARE Clinical Network

DON’T BE AFRAID TO SEEK SUPPORT. YOU ARE NOT ALONE ON THIS JOURNEY!

For more information, visit foodallergy.org