

Counselling Service

Action for XP is pleased to be working in partnership with Rareminds to offer a **FREE** and **CONFIDENTIAL** counselling service for individuals and/or their family members (aged 18+*) impacted by **xeroderma pigmentosum**



Here to help:

We are here to support you through the 'ups and downs' that come from living with XP. These might include:

- anxiety or low mood
- impact on self identity (feeling different, lonely or isolated)
- dealing with difficult, unpredictable or increasing symptoms
- the psychological burden of being your own XP expert and advocate
- coping with treatments, medical interventions and lifestyle adaptations
- impact on your family, social or work relationships
- worries about the future

KEY INFORMATION:

- free and confidential
- Zoom or telephone sessions
- open to individuals with an XP diagnosis, their parents/guardians and siblings



FOR MORE INFORMATION:

Please contact your lead counsellor, Zubyda:
zubyda@rareminds.org
(mark Action for XP in your email)