



Autoimmune Hepatitis Association

A Guide for Mentors 18+

Goal

- You share a similar purpose and goal. The purpose is for you to develop a one-on-one relationship that shows support for another patient with an autoimmune hepatitis diagnosis or a caregiver.

Ethics

- You conduct yourself in a way that reflects the support and hope the AIHA provides to patients and families affected by autoimmune hepatitis.
- You do not promote or sell any supplements, essential oils, or other products to your mentee.
- You do not give any medical, nutrition, or behavioral advice or care.
- You encourage your mentee to contact their medical providers if they have medical questions.

Trust

- You have trust in the relationship because the information being shared between you and your mentee is kept confidential unless you are concerned for your mentee's safety.

Respect

- You have mutual respect within the relationship.
- You avoid **toxic positivity** to ensure you both feel heard and understood.

Honesty

- You are honest with your mentee.
- You are not obligated to answer anything that makes you uncomfortable.
- You and your mentee may research information together on the AIHA website (www.aihep.org).

Feedback

- You give honest feedback by sharing your own experience.

Nonjudgmental

- You do not judge your mentee or your mentee's decisions.
- You support your mentee in a nonjudgmental way.

Communication

- You communicate with your mentee by the means you feel comfortable.

Availability

- You are available for your mentee.
- You will be in contact with your mentee at least once a month unless you have established another schedule together.

Helpful Communication Tips

Be clear and validate your mentee's feelings by saying "I hear you saying..."

Examples:

- I hear you saying that you are fatigued. That must be hard.
- I hear you saying that you want to know more about how to take your medication consistently. Is that right?
- I hear you saying that you're experiencing a lot of symptoms right now. Can you tell me more about that?

Clarify your mentee's emotions when they do not describe them by saying, "You sound..."

Examples:

- You sound angry that you have been given this diagnosis, and it sounds like you don't think it is fair.
- You sound disappointed you may miss your nephew's birthday this year. That must be hard for you.

