



Autoimmune Hepatitis Association

A Guide for Mentees 18+

Goal

- You share a similar purpose and goal with your mentor. The purpose is for you to develop a one-on-one relationship that gives you support from another autoimmune hepatitis patient 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 mentor.
- You do not ask your mentor for any medical, nutrition, or behavioral advice or care. Contact your medical providers if you have medical questions.

Trust

- You have trust in the relationship because the information being shared between you and your mentor is kept confidential unless you are concerned for your mentor'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 mentor.
- You are not obligated to answer anything that makes you uncomfortable.
- You and your mentor may research information together on the AIHA website (www.aihep.org).

Feedback

- You will give honest feedback by sharing your own experience.

Non-judgmental

- You do not judge your mentor or your mentor's decisions.

Communication

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

Availability

- You allow yourself to be available to your mentor.
- You will be in contact with your mentor at least once a month.

If you have any thoughts of harming yourself or others, please seek prompt emergency care through any emergency room or by calling 911 in the United States. The 988 Suicide & Crisis Lifeline is available 24/7 to provide free and confidential support for people in distress. Call 988 in the US.

