



Autoimmune Hepatitis Association

A Guide for Mentees Under 18 Years of Age

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.
- If you are concerned about your mentor's safety, tell a parent/guardian right away. They have information that will make sure your mentor is safe.

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 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 and your parents/guardians feel comfortable.

Availability

- You are available for your mentor in an amount that does not interfere with your other academic and extracurricular obligations.
- Your parents/guardians approve of your availability.

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.

