



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](http://www.aihep.org)).

### Feedback

- You give honest feedback by sharing your own experience.

### Non-judgmental

- You do not judge your mentee or your mentee's decisions.
- You support your mentee in a non-judgmental 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.

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.

