



## Get Involved


- **Local Chapters:** Access education programs, support groups, fundraising events, and volunteer opportunities. [www.crohnscolitisfoundation.org/chapters](http://www.crohnscolitisfoundation.org/chapters)
- **Take Steps:** Join our family-friendly walk program and connect with your local IBD community. Find a walk near you. [www.cctakesteps.org](http://www.cctakesteps.org)
- **Team Challenge:** Fight back against IBD, for yourself or a loved one, by training with us for a 10K, half marathon, marathon, triathlon, or cycle event. Join the team for support and make a difference. [www.ccteamchallenge.org](http://www.ccteamchallenge.org)
- **spin4 crohn's & colitis cures™:** Join the new movement and participate in our indoor cycling relay to support IBD research. You'll never go farther on a stationary bike. [www.spin4.org](http://www.spin4.org)



## Make Your Voice Heard

- **Become an Advocate:** Accelerate progress toward curing and preventing IBD by joining our Advocacy Network. Urge your legislators to support IBD research and improve access to care. [www.crohnscolitisfoundation.org/get-involved/be-an-advocate](http://www.crohnscolitisfoundation.org/get-involved/be-an-advocate)
- **Influence IBD Research:** Propose, discuss, and vote on research questions through the IBD Partners program, a revolutionary research network for individuals with IBD. [www.ibdpartners.org](http://www.ibdpartners.org)

## Join the conversation

-  [facebook.com/ccfafb](https://facebook.com/ccfafb)
-  [twitter.com/crohnscolitisfn](https://twitter.com/crohnscolitisfn)
-  [youtube.com/ccfa](https://youtube.com/ccfa)
-  [instagram.com/crohnscolitisfoundation](https://instagram.com/crohnscolitisfoundation)

Support of this resource is provided through the Crohn's & Colitis Foundation annual giving program and through our donors.

For more information, please contact your local chapter:

Or contact our national office:

**Crohn's & Colitis Foundation**  
733 Third Avenue, Suite 510  
New York, NY 10017

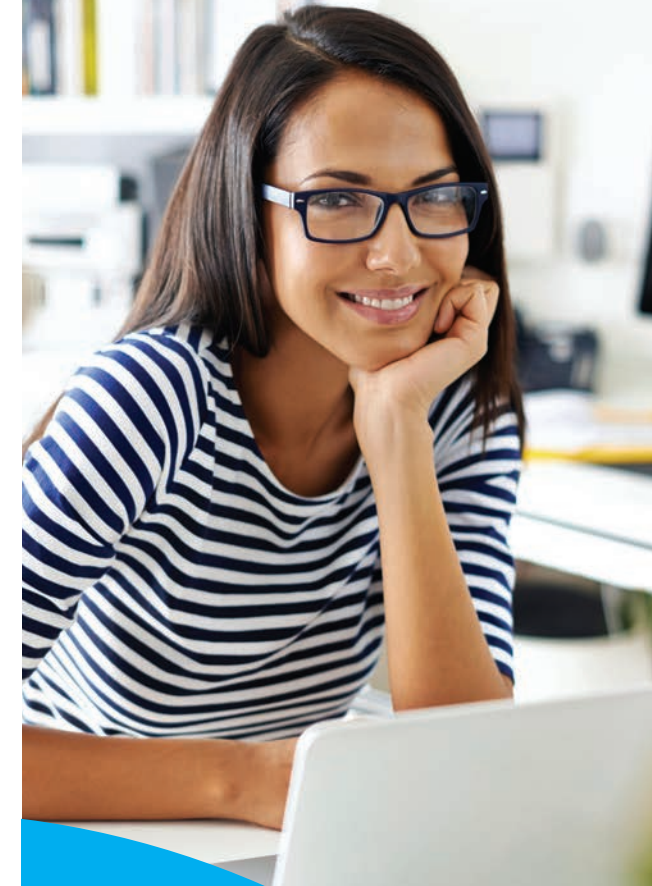
888-694-8872

[info@crohnscolitisfoundation.org](mailto:info@crohnscolitisfoundation.org)

[www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org)

The Crohn's & Colitis Foundation offers a comprehensive array of services to patients and caregivers touched by inflammatory bowel diseases. We also fund cutting-edge science, nurture young investigators, and finance underdeveloped areas of research.

Our Mission: to cure Crohn's disease and ulcerative colitis and improve the quality of life of children and adults affected by these diseases.



## Education & Support for Patients with IBD



## IBD Help Center

The Irwin M. and Suzanne R. Rosenthal IBD Resource Center (IBD Help Center) is here to provide information, support, and guidance to help you manage your disease and take charge of your life.

Through the IBD Help Center, you can:

- Speak to a caring Information Specialist
- Get all of your questions answered
- Access the latest information on treatment options, coping strategies, and symptom management
- Order free brochures and fact sheets
- Get help in 170 different languages

Call or visit us online, Monday through Friday, 9 a.m. to 5 p.m. ET.

**Phone:** 888.MY.GUT.PAIN (888-694-8872)

**Email:** [info@crohnscolitisfoundation.org](mailto:info@crohnscolitisfoundation.org)

**Live Chat:** [www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org)



## Enhance Your Knowledge

- **Local Events:** Our chapters host education programs featuring community experts throughout the year.
- **Virtual Education:** Videos, webcasts, and interactive tools can easily be viewed and downloaded from our website.
- **Brochures & Fact Sheets:** Disease-specific publications are available free of charge, both online and in print.
- **Managing the Costs of IBD:** Provides valuable information on health insurance and financial assistance programs in order to help you manage the cost of paying for IBD treatments. [www.crohnscolitisfoundation.org/managingcosts](http://www.crohnscolitisfoundation.org/managingcosts)
- **Social Media:** Tips, resources, and stories are regularly shared on Facebook and Twitter.



## Find Support

- **Support Groups:** Our chapters host monthly opportunities for you to connect with others in person.
- **Power of Two:** Our peer-to-peer mentor program allows you to speak to a mentor by phone or through an online chat.
- **Crohn's & Colitis Community Website:** Our Crohn's & Colitis Community provides patients and caregivers with a place to share their experiences and get support. [www.crohnscolitiscommunity.org](http://www.crohnscolitiscommunity.org)
- **Camp Oasis:** A coed program designed to enrich the lives of children with IBD.



## Additional Online Resources

- **IBD Medication Guide:** A searchable tool that provides information on medications for Crohn's disease and ulcerative colitis. [www.ibdmedicationguide.org](http://www.ibdmedicationguide.org)
- **Teen Website:** Provides age-appropriate information and support to help teens manage their disease. [www.justlikemeibd.org](http://www.justlikemeibd.org)
- **College Website:** Provides tips and resources for students, as well as an opportunity to connect with others from campuses around the country. [www.crohnscolitisfoundation.org/campus-connection](http://www.crohnscolitisfoundation.org/campus-connection)
- **Clinical Trials Community:** Offers information, videos, and a searchable tool to find studies where patients can enroll to help advance research. [www.crohnscolitisfoundation.org/research/clinical-trials-community](http://www.crohnscolitisfoundation.org/research/clinical-trials-community)



Visit [www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org) for more information.