



Focus on:
The IBD Help Center

“They helped me see a future and bring back my passion for life. They changed my life with their words.”

Established in 2007, the Irwin M. and Suzanne R. Rosenthal IBD Resource Center (IBD Help Center) is a free service designed to provide members of the inflammatory bowel disease (IBD) community with disease-specific information, guidance, and support. The IBD Help Center is staffed by caring master's degree-level specialists who provide education on IBD management, available treatment options, and coping strategies, as well as referrals to helpful resources and programs. The IBD Help Center provides free printed brochures and fact sheets to those who request them, including healthcare professionals who work with IBD patients.

Each year, the IBD Help Center responds to over 12,000 requests for information and support from members of the IBD community. Frequently received requests include:

- Disease-specific information
- Coping with IBD
- Treatments
- Financial assistance
- Employment issues
- Diet and nutrition
- Insurance guidance
- Local chapter referral



The IBD Help Center can be reached by phone at 888-MY-GUT-PAIN (888-694-8872) or through email (info@crohnscolitisfoundation.org), online live chat, social media, postal mail, or fax. The IBD Help Center is available Monday through Friday, 9 a.m. to 5 p.m. ET. Those who contact the IBD Help Center can receive help in 170 different languages, including Spanish, Russian, German, and Cantonese.

Importance

Managing chronic diseases, like Crohn's disease and ulcerative colitis, can lead to uncertainties and confusion. Oftentimes, individuals dealing with the unpredictability of IBD—whether they are newly diagnosed or have been living with their disease for a long time—are in need of experts, such as the IBD Help Center team, who can answer questions and provide resources that improve their quality of life. The IBD Help Center serves as a beacon of hope for the IBD community and offers understanding on their disease journey and assurance that there is a resource for them every step of the way.

“I can't thank you and your Foundation enough for the wealth of information that is so needed. How awful to discover your very young loved one has been stricken by this horrible disease. Knowing you are there to help is a blessing.”

—IBD Help Center Testimonial