IBD Help Center

Dear @Name@,

Your healthcare team has discussed inflammatory bowel disease (IBD) with you. One resource that can help you along your journey is the IBD Help Center, provided by the Crohn's & Colitis Foundation.

- The IBD Help Center is staffed by information specialists who provide education on IBD management, available treatment options, coping strategies, and connection to helpful resources and programs.
- Our hours are Monday - Friday, 9 a.m. to 5 p.m. EST. Contact us in any of the following ways:
    - Phone: 888-MY-GUT-PAIN (888-694-8872)
    - Email: info@crohnscolitisfoundation.org

Please note the IBD Help Center cannot provide medical or legal advice or share personal opinions. For more information, please visit: www.crohnscolitisfoundation.org/ibdhelpcenter

