

Emotional Support Resources for Bariatric Surgery Patients

Dear [Patient's Name],

We understand that embarking on your bariatric surgery journey can be both exciting and overwhelming. It is essential to prioritize your emotional well-being during this time. Below are some resources that can provide the support you need:

Counseling Services

If you find yourself struggling with emotions or need someone to talk to, consider reaching out to a licensed therapist. Here are a few options:

- **Local Counseling Center:** Contact [Name/Number/Website]
- **Online Therapy Platform:** Visit [Website]

Support Groups

Connecting with others who have gone through similar experiences can be incredibly beneficial. Here's where you can find support groups:

- **In-Person Support Group:** [Location and Meeting Times]
- **Online Support Community:** [Website/Forum]

Helplines

If you need immediate assistance, please consider reaching out to these helplines:

- **National Mental Health Hotline:** 1-800-XXX-XXXX
- **Local Crisis Line:** [Number]

Remember, you are not alone on this journey. Emotional support is a crucial part of your recovery process, and we encourage you to utilize these resources as needed.

Warm regards,

[Your Name]

[Your Title/Position]

[Your Contact Information]