Living with a rare disease like IgG4-RD can strain patients' mental health.

Because their disease is rare, patients may lack formal support groups, understanding from friends or family, or accommodations at work.

Faced with an arduous diagnosis journey and extensive treatments, patients may feel:
- Isolated
- Frustrated
- Lonely
- Helpless

Good policies and improved practices can help IgG4-RD patients better manage their mental health.

Policymakers, patients and providers can work together to improve IgG4-RD patients' mental health care.

IgG4-RD patients need support for their disease and their mental health.