

CROHN'S & COLITIS UK

Hey 😊 Missed you at the party, you okay?

Yeah, just wasn't feeling up to it 😞

Oh no! How come?

Not really sure how to talk about it... 😬

FIND THE RIGHT WORDS WITH OUR TALKING TOOLKIT

No one knows your Crohn's or Colitis like you do, but it can be hard to talk about. That's why we've developed a free Talking Toolkit to help you find the right words to share whatever you're going through.

Visit crohnsandcolitis.org.uk/talk

