

COMMUNITY RESOURCE CONNECTIONS

ESRD

Health and Wellbeing

- **Minnesota Warmline:** Support for mental health crisis or emergencies.
 - Call 651-288-0400 -OR- Text “support” to 85511
 - Website: <https://mentalhealthmn.org/what-we-do/peer-support/minnesota-warmline/>
- **Dialysis Patient Citizens (DPC):** Open only to dialysis and pre-dialysis patients and their families.
 - Phone Number: 1-866-877-4242 or 202-789-6931
 - Email: dpc@dialysispatients.org
 - Website: <https://www.dialysispatients.org/>
- **Life Options Rehabilitation Program:** Offers community building, educational materials, and resource guides. (Available in Spanish)
 - Phone Number: 800-468-7777
 - Email: schatell@mei.org
 - Website: <https://lifeoptions.org/>
- **American Kidney Fund:** Offers health care and support at every step of their disease.
 - Visit the website (<https://www.kidneyfund.org/>)
- **National Kidney Foundation:** Educational information on website.
 - Website: <https://www.kidney.org/>
- **Kidney School:** Offers online training modules to learn about navigating your disease. (Available in Spanish)
 - Website: <https://kidneyschool.org/>
- **Home Dialysis Central:** See home dialysis equipment and find clinics that support home treatments. Talk to other home dialysis patients, read patient stories, and locate helpful tools.
 - Website: <https://homedialysis.org/>
- **American Association of Kidney Patients (AAKP):** Access written materials like kidney disease magazine, e-book, or email newsletter. You can also access health-tracking tools and ask a doctor questions.
 - Phone number: 800-749-2257
 - Email: info@aakp.org
 - Website: <https://aakp.org/>
- **United Network for Organ Sharing (UNOS):** Great resources for organ transplants.
 - Website: <https://unos.org/>

Nutrition

- **National Institute of Diabetes and Digestive and Kidney Diseases**
 - Website: <https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/hemodialysis/eating-nutrition>

- **DaVita**
 - Website: <https://www.davita.com/diet-nutrition>
 - Kidney Diet Cookbooks at <https://www.davita.com/diet-nutrition/kidney-friendly-cookbooks>
- **National Kidney Foundation**
 - Website: <https://www.kidney.org/nutrition/Dialysis>
- **Fresenius Kidney Care**
 - Website: <https://www.freseniuskidneycare.com/eating-well>

Support Groups

- **National Kidney Foundation Peers:** 1:1 peer program providing mentors with lived experience to help others by sharing their experiences.
 - Join Online <https://nkf.chronus.com/p/p4> -OR- Learn more at: 855-653-2273
- **National Kidney Foundation Cares:** Our Patient Information Help Line, NKF Cares, offers support for people affected by kidney disease, organ donation or transplantation. It's designed just for patients, family members and care partners. English and Spanish speakers are available Monday - Friday from 9:00 am - 7:00 pm EST.
 - Phone Number: 855-653-2273
 - Email: nkfcare@kidney.org
- **Online Communities:** National Kidney Foundation communities offer a safe and supportive place where patients and caregivers can share experiences and ask questions. Participation is free and anonymous.
 - Find your Community: <https://www.kidney.org/treatment-support/communities>
- **Renal Support Network:** A nonprofit, patient-focused, patient-run organization that provides non-medical services to those affected by chronic kidney disease (CKD), are on dialysis, or have received a transplant.
 - Website: <https://www.rsnhope.org/>