

There is a wealth of information available to dialysis users, pitched at every level from very basic facts to in-depth scientific papers. We have developed a useful guide here to be used in conjunction with our [useful links section](#), to help you access all the information you need.

Being on dialysis does not mean that your life is over - thousands of people visiting Global Dialysis are testament to the large numbers of people leading full, active and productive lives. You will need to plan and think ahead, but most people do manage to incorporate dialysis into their routine, albeit with some adjustments.

Don't be too hard on yourself if you find things tough - this is a huge change in every way for both you and your family and close friends. You may feel down and depressed - call on your professionals at your unit for sources of help and support.

### **If you want help and support**

- Learn more about the emotional effects of kidney disease and being on dialysis
- [Introduce yourself in our online forum. meet people going through the same as you and get some support](#)

### **If you want to access scientific papers and learn more**

Good places to start are [Medline](#) - this is produced in the US by the National Library of Medicine and [PubMed](#)