

Maria Mooney AUDIO

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SPEAKERS

Maria Mooney



Maria Mooney 00:00

Hi, @TickBootCamp and your wonderful community. My name is Maria and I am a late stage Lyme disease and co-infections survivor. My number one tip for Lyme disease Awareness Month might be a little bit unconventional. But because my background is in mental health, I think it's really important to know that we might have to have some really uncomfortable conversations with our support systems if we're lucky enough to have them about how we can be supported because everyone is so different. And certain words or actions work for others and for others they don't. So to be able to understand that your family and your loved ones, your friends are not mind reader's and that you need to also let them know how to support you will help you a lot as you go through this journey. Best of luck. I'm here to support you all.