

Kinda Nervous About Needles? That's OK!

Things That Can Help You Feel Brave.



Start Here

It's normal to feel nervous about needles.

But sometimes that fear can make it harder to get important care, like treatments that help us feel better.

This guide has helpful tips and tools for anyone who feels worried about needles.



Groups

MEG Foundation is a nonprofit with tools for kids, teens, and young adults who feel nervous about needles or pain. Their resources help you feel calm and in control.

U.S. Pain Foundation is a nonprofit that supports people with chronic pain. Their site includes helpful tools, like a guide to making a pain management plan.

The Needle Phobia Alliance is a nonprofit that helps people who are scared of needles. They offer online support groups and helpful tips.

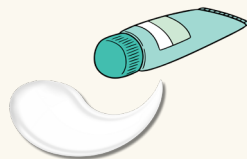
Getting Help

- **Cognitive Behavioral Therapy (CBT)** is a kind of talking help with a trained grown-up called a therapist. You can talk about what makes you scared of needles and learn ways to feel braver and more in control. They'll help you find new ways to think about needles and how to stay calm.
- **Hypnotherapy** is like guided daydreaming with a helper. They help you feel super calm and focused, so your brain learns new ways to feel less scared about needles. It can make pokes feel way less stressful!
- **Exposure therapy** is another kind of help that can make needle fear feel smaller. With the support of a trained grown-up, you take small steps to face your fear, one at a time. For example, you might start by looking at a picture of a needle, and later work up to getting a shot—when you're ready.

Your Calm Kit



The **Buzzy** device uses buzzing and cold to confuse pain signals and help shots hurt less.



Numbing creams can make your skin feel less when it's time for a poke. Different kinds—like **Thimble** or **EMLA cream**—work in different ways, so be sure to follow the instructions.

Helpful Hints

- Ask if you can have someone you trust with you. A parent, family member, or friend (if allowed) can help you feel safer and braver.
- Think of your visit as your *superpower* or *self-care* time! Afterward, celebrate with a treat or fun activity.
- Bring a movie, book, or game to help take your mind off the needle.
- Take slow, calm breaths to help your body relax and stay steady.
- Tell your doctor what helps you feel better during your visit.
- **For more tips, visit idontlikeneedles.com**



Mindfulness apps like **Headspace** and **Calm** have guided meditations that help you feel less scared and more relaxed.



Smileyscope uses virtual reality to help take your mind off the poke. You can watch fun videos that make it feel like you're somewhere else—like under the sea or in space—while getting a shot or infusion.



Infusion Access
Foundation

Want more resources that can make infusions easier? Check out infusionaccessfoundation.org.