

Build Your IBD Toolkit with These Educational Resources



What Is IBD?

Newly diagnosed or living with IBD? Find what you need to know about Crohn's disease and ulcerative colitis.



GI Tract Guide

Our interactive tool reviews the organs of the gastrointestinal tract and how they can be affected by IBD.



IBD Medication Guide

A comprehensive guide to all FDA-approved medications for Crohn's disease and ulcerative colitis.



Diet & Nutrition

A menu of resources to help IBD patients maintain good nutrition through diet and healthy eating principles.



MyIBD Learning

Virtual and in-person programs, and on-demand education for patients and caregivers, at every stage of their IBD journeys.



Mental Health

You are not alone. Discover ways to manage your emotional well-being while navigating your IBD journey.



Surgery

Learn about surgical treatment options for Crohn's disease and ulcerative colitis that may improve your quality of life.



Crohn's disease



Ulcerative colitis

Build Your IBD Toolkit with These Pediatric Resources



IBD & Me Activity Center

Games, comics, and other fun activities designed to teach kids more about IBD and how they can manage it.



Just Like Me! For Teens

Resources just for teens to guide and inform decisions around diet, treatment, dating, shifting to adult care, and more.



Campus Connection

Helping young adults navigate college with IBD, including finding a doctor, talking to roommates and accessing services.



Youth & Parent Resources

Important information to help parents and caregivers effectively support their children throughout their IBD journey.



IBD Kidz

Virtual support programs inviting kids and teens to share experiences and build community in age-appropriate groups.



Camp Oasis

Our life-changing summer camp for children and teens living with IBD, with residential and virtual options available.



MyIBD Learning

Virtual, in-person and on-demand education programs and supportive resources for patients and caregivers, at every stage of their IBD journeys.

