



Share your story

- Do you have a story to tell about your psoriasis or psoriatic arthritis?
- Would you like others to know how your life has been affected?

This is your opportunity to let others know what it is like to live with these conditions. Or if you would like to read other peoples' stories go to:

[Case stories](#) or [share your story](#)



.Targeted Intervention for Psoriasis (eTIPs)

eTIPs is a **FREE** online, menu-based, interactive programme which uses a multimedia format including text, videos, audio clips and graphics. This means people can choose the order in which they interact with the programme and work through it in the privacy of their own home.

The programme uses the principles of cognitive behaviour therapy (CBT), a popular form of psychological therapy which focuses on helping individuals to understand that the way they think about a situation can affect the way they feel and act. [Learn more.](#)



PAPAA TV

Sometimes seeing and hearing what others have to say can help to understand what it is like to live with psoriasis and psoriatic arthritis.

PAPAA TV is our YouTube Channel and includes the following films:

- My psoriasis journey
- Psychological aspects of psoriasis
- Treating psoriasis
- Living with psoriasis & psoriatic arthritis
- Relationships and psoriasis & psoriatic arthritis
- Psoriasis at work
- Impact on lifestyle with psoriasis

Go to [PAPAA TV](#)

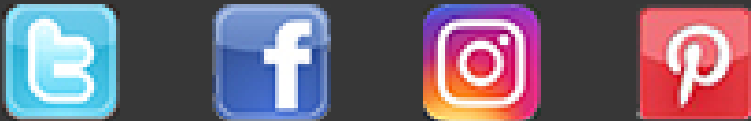


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