

Thank you for your interest in sharing your story for Organ Donation Week!

Personal experiences like yours are powerful. They help raise vital awareness, inspire people to join the [Organ Donor Register](#), and remind everyone in our community that they do not need to face PSC alone.

How to Share Your Story

This is **your story**, so you are in complete control of how much or how little you share. You can choose whichever format feels most comfortable:

- **Short & Sweet:** Send a single photo with a few caption sentences.
- **In-Depth:** Write a longer piece paired with a collection of photos.
- **Video:** Record a short video message (with or without photos).

A Note on Images: "Before and after" photos really resonate with people, especially around transplant journeys. However, only share what feels right for you; there is zero pressure to share pictures from hospital settings or when you felt unwell. The best pics are those that simply show you living daily life, so choose whatever pics you like!

Prompts to Get You Started

You don't need to answer all of these! You can use them as inspiration to shape your narrative based on where you are in your journey, or follow your own format:

General Questions

- When were you diagnosed with PSC, and what was life like before?
- How does PSC affect your day-to-day routine, work, or family life?
- Is there an achievement you're proud of despite PSC, or something you've had to miss out on?
- If a reader takes away just one thing from your story, what do you want it to be?

If You're Currently Waiting for a Transplant

Focus on the daily reality of living PSC and the experience of being on the waiting list.

- Explain your current health status and how you manage the condition.
 - Share why donation matters to you even if you do not personally need a liver right now.
 - Highlight how donation directly impacts fellow patients you know.
 - Challenge myths about who can donate and push for active registration
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If You Have Received a Transplant

Focus on the transformation of your health and feelings about a second chance at life.

- Explain what led to organ failure and how sick you were before.
 - Describe the moment you found out a matching organ was available.
 - Share what you can do now that was impossible before the transplant.
 - If it feels right, express your gratitude for your donor and their family.
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If You Are a Donor Family Member

- What was your loved one like, and what did they love doing?
 - Did you discuss their donor wishes as a family beforehand?
 - How has knowing they gave the ultimate gift helped you through grief?
 - Encourage families to talk about their organ donation wishes early.
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If You Are a PSC Patient & Advocate (Not on the List)

Focus on raising awareness about PSC and the long-term importance of organ donation.

- Explain your current health status and how you manage the condition.
- Share why donation matters to you even if you do not personally need a liver right now.
- Highlight how donation directly impacts fellow patients you know.
- Challenge myths about who can donate and push for active registration.

How to Submit?

- **Email:** send your text, photos (1-10) and/or video to emily@pscsupport.org.uk
- **WhatsApp:** alternatively, you can send files to 07842797977 with your full name for reference
- **Files too large?** If your files are too large you can use [WeTransfer](#) which is a free service.

What happens next? Once we receive your submission, we'll review it and send you a short online consent form. We will never publish or share anything publicly until you have given your explicit approval.

Helpful Resources & Information

- **Facts About Organ Donation:** Did you know one donor can save or transform up to **9 lives**? More than 8,000 people in the UK are on the active waiting list for a life-saving organ transplant. Read more at [NHS Blood and Transplant](#).
- **Info About** [PSC and Transplantation](#)
- **Inspiration:** Read other donor, recipient, and community experiences from [NHS Blood and Transplant](#) and the [PSC Support Stories page](#).
 - [Stewart's Story](#)
 - [Andy's Story](#)
 - [Tom's Story](#)
 - Gemma's Video Story on [Instagram](#) or [Facebook](#)
 - Charlotte's Video Story on [Instagram](#) or [Facebook](#)

Thank you for helping us make a difference during **Organ Donation Week!**