



You are not alone.

You have your healthcare provider (HCP). You have your pharmacist. You have your friends and family. You have the millions of people living with chronic conditions.

You have the people living with *your* condition.

Even though it may sometimes feel like it, you aren't the only one living with your condition or taking a particular medicine. If you were, your condition wouldn't have a name or a plan to help treat it.



Use what you have.

Your medicine is helping you manage your condition—and a strong support network may help you manage your feelings about your health. Look for a support group of other people with your condition—you may find it helpful to talk to others who are going through the same thing you are. There are even online support groups and chat rooms that you can join—here are a few examples to get you started:

- The COPD council lists support groups for chronic obstructive pulmonary disease (COPD). Go to www.copdcouncil.org and click on **Member Directories**
- Go to www.stroke.org and click on **Stroke Survivors** for a list of stroke support groups from The National Stroke Association.
- WebMD has message boards for various conditions. Go to www.webmd.com and click on **Health A-Z**, then click on **Community A-Z**.

You can also ask your HCP or pharmacist if there is a group for your condition.