



Talk to your HCP or pharmacist about support groups for your condition. If you have access to the Internet, you should know that support groups have found their way from the community center to the living room. Online support groups for people with your condition are meeting now, and they are just a click away!

### Online options

- Online support groups offer a network of people who face the same health issues as you.
- Ask your healthcare provider (HCP) or pharmacist to recommend a web site for your condition.
- Online support groups use tools like message boards, real-time chat rooms, blogs (online diaries), e-mail lists and bulletin boards to help members stay in touch.

### Support made easy

- Because these groups “meet” online, you can wear what you want, go when you want, get what you want and give what you want.
- You’ll never have to miss a meeting because of weather, car trouble or last-minute changes in your schedule.
- Share as much or as little as you want! You can give or get advice, tell your story or read somebody else’s. They are usually anonymous, so you can get the support you need and want in complete privacy.

### Find a group

- The COPD council lists support groups for chronic obstructive pulmonary disease (COPD). Go to [www.copdcouncil.org](http://www.copdcouncil.org) and click on **Member Directories**.
- Go to [www.stroke.org](http://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](http://www.webmd.com) and click on **Health A-Z**, then click on **Community A-Z**.

You can also ask your HCP or pharmacist to help you find an online group for your condition.