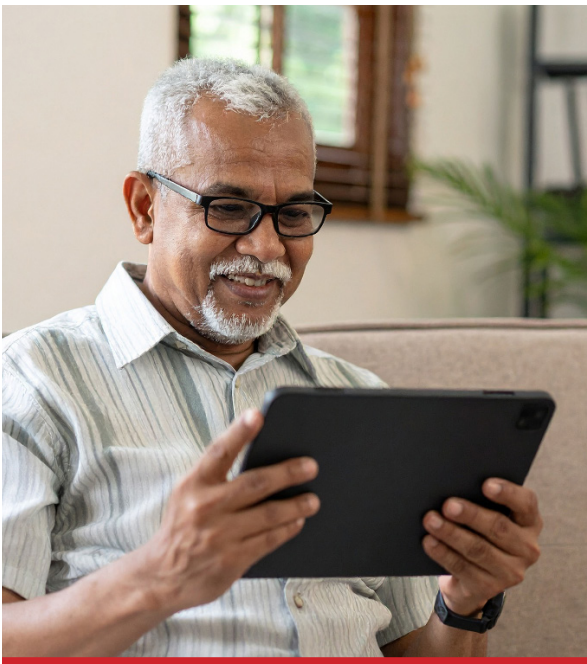




American Heart Association®

Support Network

THE SUPPORT NETWORK



Support Network: Be a part of a free, online community of heart and stroke patients, survivors and caregivers who come together to connect, share, and listen. Every story matters and wherever you are in your journey, the Support Network is here for you.



heart.org/SupportNetwork



TOPIC FORUMS

Members can participate in discussion boards surrounding heart and stroke topics where they can connect around specific health conditions or interests, ask questions, and share experiences in a supportive environment.



ONLINE SUPPORT GROUPS

Members can join online groups that provide emotional support and peer-to-peer connection, helping individuals feel less isolated while navigating health challenges. Many of the groups facilitate monthly virtual meetings via Zoom.



FIRST-PERSON BLOGS

Members share their personal stories to provide an honest look into their experiences, offering both encouragement and practical guidance. They may describe early warning signs, what occurred during a medical event, what it was like to navigate a doctor's visit or hospital stay, and how they felt at the time as well as how they're feeling now.



RESOURCES

Members can view and download curated materials, tools, and guides designed to inform and empower them with reliable information to manage their health and well-being.