Online Patient, Family and Caregiver Support

The Frymoyer Community Health Resource Center at the University of Vermont Medical Center offers a listing of reputable online support groups, networks, and communities for patients, their families, and caregivers.

ALZHEIMER’S & DEMENTIA — ALZHEIMER’S ASSOCIATION
ALZConnected, powered by the Alzheimer’s Association, is a free online community for everyone affected by Alzheimer’s or another dementia, including people with the disease, caregivers, family and friends, and individuals who have lost someone to Alzheimer’s.
https://www.alzconnected.org/

BEREAVEMENT

LOSS OF A CHILD — COMPASSIONATE FRIENDS
The Compassionate Friends offers a variety of private Facebook Groups and live chats through an Online Support Community for those who are grieving the death of a child.
https://www.compassionatefriends.org/find-support/online-communities/

SUICIDE LOSS — AMERICAN FOUNDATION FOR SUICIDE PREVENTION
Healing Conversations gives those who have lost someone to suicide the opportunity to talk with our experienced volunteers by phone or video chat. These AFSP volunteers, who are themselves, survivors of suicide loss, offer understanding and guidance in the weeks and months following a suicide death.
https://afsp.org/find-support/ive-lost-someone/healing-conversations/

FOR MORE INFORMATION:
FRYMOYER COMMUNITY HEALTH RESOURCE CENTER
Level 3, Main Pavilion, Main Campus
111 Colchester Ave.
Burlington, VT 05401

HOURS
Monday – Friday
8:00 am – 4:30 pm

PHONE
(802) 847-8821

EMAIL
ResourceCenter@UVMHealth.org

WEBSITE
UVMHealth.org/MedCenterCHRC
ONLINE SUPPORT

CAREGIVERS — FAMILY CAREGIVER ALLIANCE—NATIONAL CENTER ON CAREGIVING
Offers a Caregivers Community where caregivers and their other loved ones can share, interact, and learn from each other in a safe, supportive environment. The Family Caregiver Alliance also offers online support groups including a group for LGBT caregivers.
https://www.caregiver.org/support-groups

DIABETES — AMERICAN DIABETES ASSOCIATION
Be empowered and encouraged through learning and chatting with others in this online community whether you are newly diagnosed, finding support for ongoing management, or a caregiver of someone who is living with diabetes. Specific online community groups for Type 1, Type 2, Pre-Diabetes, and Caregivers.
https://community.diabetes.org/home

HEART & STROKE — AMERICAN HEART ASSOCIATION
Connect with heart patients, survivors and caregivers for heart disease, heart attack and stroke. Share your story with others, comment and give feedback on other’s stories, get answers to your questions from healthcare professionals, and speak to others on your own forum.
https://supportnetwork.heart.org/

LUNG DISEASE — AMERICAN LUNG ASSOCIATION
The American Lung Association supports free online communities that offer peer-to-peer support for COPD, Asthma, Pulmonary Fibrosis, and Pulmonary Arterial Hypertension. Start or respond to threads on the communities, upload photos and search for specific topics to find other members who share the same interests.
https://www.lung.org/support-community/online-support-communities

MENTAL HEALTH — NATIONAL ALLIANCE ON MENTAL ILLNESS & 7 CUPS
NAMI and 7 Cups are excited to build a collaborative partnership that will extend the best of both organizations to a broader community of people who are supporting one another and inspiring hope and wellness. All are welcome to join this online support community.
https://www.7cups.com/home/nami/

MULTIPLE SCLEROSIS — NATIONAL MULTIPLE SCLEROSIS SOCIETY
MSconnection.org is a social networking website and community for people living with MS, their loved ones and experts to connect in a safe and secure environment. Connect with other community members, contribute to discussions, and join groups with people who share your same interests, challenges, and hopes.
https://www.msconnection.org/

PARKINSON’S DISEASE — AMERICAN PARKINSON DISEASE ASSOCIATION & SMART PATIENTS
Join the Smart Patients Parkinson’s Disease Community, ask questions, and support others who can learn from you.
https://www.smartpatients.com/partners/apda