



## 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.

### BEREAVEMENT

#### COVID-19 GRIEF SUPPORT — UVM HEALTH NETWORK HOME HEALTH & HOSPICE

Online support group for anyone who has experienced a loss due to COVID-19. Meets via Zoom on Mondays from 6-7pm. [Contact Ally Parker at \(802\)860-4497 ext.3405 or Allyson.Parker@uvmhomehealth.org.](mailto:Allyson.Parker@uvmhomehealth.org)

#### GENERAL GRIEF — UVM HEALTH NETWORK HOME HEALTH & HOSPICE

Online support group for anyone that is grieving. Meets via Zoom twice a month. [Contact Ally Parker at \(802\)860-4497 ext.3405 or Allyson.Parker@uvmhomehealth.org.](mailto:Allyson.Parker@uvmhomehealth.org)

#### 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](mailto:ResourceCenter@UVMHealth.org)

#### WEBSITE

[UVMHealth.org/MedCenterCHRC](http://UVMHealth.org/MedCenterCHRC)



[UVMHealth.org/MedCenter](http://UVMHealth.org/MedCenter)

## ONLINE SUPPORT CONTINUED

### 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/>

### CAREGIVERS — FAMILY CAREGIVER ALLIANCE

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 different types of diabetes.

<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.

<https://www.7cups.com/home/nami/>

### MIGRAINE — MILES FOR MIGRAINE

Our Migraine Community Groups offered through Zoom bring together the people just like you to connect, discover and share. We provide helpful resources and supportive discussions to help you better navigate life with migraine.

<https://www.milesformigraine.org/migraine-community-groups/>

### 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>



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**University of Vermont**  
MEDICAL CENTER