

You are not alone.  
Together, we can make a difference.

Learn more from people just like you  
who have suffered a heart attack,  
a heart event, or a stroke.

**JOIN THE CONVERSATION TODAY**



SUPPORT NETWORK



## Why provide support?

By providing support, you enhance a person's:

- Feeling of being cared for
- Sense of available, reliable help
- Opportunities for empathy and warmth
- Education and resources for coping with change

Support provides an outlet for sharing emotions, questions and concerns that people who have not had similar experiences may not understand. Studies have shown that having support can affect physical as well as emotional healing, reducing depression and improving the quality of life.

When faced with challenges recovering from heart disease or stroke, it's important to have emotional support. That's why we created a network to connect people with others going through similar experiences to help them support and inspire each other at every stage of their journey.

## Easy, free and secure sign-up

- No cost to join
- User friendly; only basic computer skills needed
- Join an existing group or create your own
- Reliable and credible information provided on the site

*In August of 2014 I became a member of the Support Network and have been thankful for the tools and resources available to help patients like me, along with our caregivers, cope with the recovery process. So many people are suffering in silence and in need of the emotional support and encouragement that the Support Network provides both ourselves and our entire family.*

— Kimberley Goodloe, Heart Disease Survivor

 **SUPPORT TOPICS** ▼

- Heart Attack
- Stroke
- Chronic Conditions
- Congenital Heart Defect
- Caregiver
- Pediatric Stroke
- Rehab And Recovery

Support and encouragement for health outcomes for patients, caregivers and families within your community.

**Join today for free!**



**CONTACT US:**

[heart.org/supportnetwork](http://heart.org/supportnetwork)

[strokeassociation.org/supportnetwork](http://strokeassociation.org/supportnetwork)