

Support Group: Managing Common Chronic Illness Symptoms

October 6, 2026

Announcements

- BHC online event schedule
 - 1st Tues: Support Group
 - 2nd Wed: “Coffee” with a Clinician
 - 3rd Tues: Support Group
- Events Calendar: <https://batemanhornecenter.org/events/>
- Previous Session Recaps: <https://bit.ly/3ORcT1T>
- Clinical Care Guide: <https://batemanhornecenter.org/clinical-care-guide/>
- Support BHC’s mission: <https://givebutter.com/BuildingAccessNow>

The following resources and anecdotes were shared by attendees and do not necessarily reflect BHC guidance or endorsement.

Timothy Weymann, LCSW, opened the session by explaining that today's topic draws on the collective wisdom of the group for dealing with common chronic illness issues in the form of fatigue, pain, and cognitive dysfunction.

Guiding Questions

1. What helps you deal with your fatigue?
2. What helps you deal with your pain?
3. What do you find worsens your pain and fatigue?
4. What cognitive symptoms are you managing, and what helps you manage them?

Timothy's Shared Wisdom

- Moving attention back and forth between an area of pain and an area of the body that feels neutral or comfortable can counter all-or-nothing thinking. Our bodies and our lives are a mix, with difficult and comfortable things happening at the same time, and recognizing this can create an expansive, grounding awareness that helps us see the

bigger picture. Mindfulness is the intention of our attention: when we are mindful we are deliberate about where we place our focus.

- Making every adaptation we need, even when each one seems minor, matters. Small accommodations add up, and together they can meaningfully ease our discomfort.
- When frustration rises, a centering question is “What am I not accepting?” Often, when frustrated we find we have slipped back into denial about our limits or the reality of our illness (or the limits of life or others), and when we organize our responses and lives around denial we create added/unnecessary problems for ourselves as a result.
- The dynamic nature of illness is part of what makes it so hard, yet even unpredictability is a pattern (i.e., we can count on health/illness being unpredictable). If we expect that the illness will be unpredictable, we can plan around that and ask, “Knowing this, how will I proceed?” The cyclical nature of symptoms can also be good news; as working on one symptom can ripple through the whole circle, so easing fatigue may help pain, and the reverse. When the line of our limits moves unexpectedly, it helps to acknowledge how difficult that is (validate the complexity), engage in self-encouragement, and take pride in the fact we continue to face something so hard.
- A pain meter and an energy meter, each from 0 to 10, can bring order to a chaotic experience. At each number on the scale we can list which activities are possible, and which are not, then keep it by the bed and check where we are each morning or throughout the day. Ongoing pattern recognition helps us understand how our bodies are affected so we can keep optimizing our adjustment to illness.
- As human beings, we seek and need power, and illness impairs it. Thus it is important to keep clarifying where our power lies, even in small choices, because exercising it supports our well-being and mental health and reminds us of hope and possibilities.
- Openness is both an attitude and a skill. When we are willing to try new ways of thinking or behaving in response to what is happening, we adapt; when we close off and shut down, we create unnecessary secondary problems for ourselves.
- Willingness is an important coping skill. Asking “Am I willing to have this? Am I willing to adapt to this? Am I willing to face this?” helps us avoid secondary suffering that comes from resistance. Resistance doesn't just create relational, logistical and adaptation problems; it also tenses our muscles and thus creates a disturbed emotional experience in our bodies that can even amplify our illness symptoms.

- Self-validation, self-encouragement, and self-compassion become especially important on hard days, it's important to recurrently offer ourselves the words of support we need to hear.
- The existential psychologist Dr. Rollo May taught that some of the greatest growth in human life comes from facing a dilemma that can never be fully resolved. Though none of us would choose these challenges, they can call forth strengths we did not know we had courage, resilience, and graciousness and other valued qualities and character attributes.

Verbal Comments

- Participant shared that they have been practicing somatic tracking, using resources on Insight Timer along with Peter Levine's writing on somatic work and Ralph De La Rosa's Outshining Trauma. They focus on the pain, then on a pain-free part of the body, and move back and forth between the two. Skeptical at first, they stuck with it daily for a couple of weeks and found it is training their body to signal when to lie down early enough that they do not push through. They described the illness as having been, in a way, a blessing that helped them mature and discover hidden strength later in life.
- Participant shared that, living with severe ME/CFS, they had not understood early on what limiting exercise really meant and spent three years in constant PEM pain. Their adaptations now include never using the stairs, rolling around the house in an office chair, using an electric wheelchair outside the home, using voice-to-text and very large print, watching only black-and-white content with blue-light blockers and a still camera, and avoiding the screen and chat during calls. Because concentration itself is too much, their form of meditation is lying in a zero-gravity chair on the porch listening to birds. For them, limiting exertion means keeping the mind and body relaxed in every small way, and with these changes they can now sit up a little more without pain.
- Participant shared that their fatigue has worsened over the past six months, bringing crashes they had never experienced before, and that they are still learning their limits after a recent vaccination, an illness, and two times going past their limits. They noticed that after lying down for a while, a feeling of cabin fever sets in and triggers a downward spiral, so they interrupt it by doing anything at all: getting up, reading, or cooking. They also work hard to stay in the moment rather than slipping into negative thoughts, and by tracking their mood and other measures daily they have kept it at a 5 out of 10, up from a 2.

- Participant shared that breathwork, Insight Timer meditations, and very gentle singing or humming help with their pain. They asked the group and BHC how others define fatigue, explaining that their long COVID doctor recently identified fatigue they did not recognize in themselves, possibly because they pace so carefully and build in regular rest breaks that they rarely feel that heavy, exhausted feeling.
- Participant shared that after about six years with long COVID and heavy PEM from almost anything, antihistamines helped right away, and that a breathwork program of ten minutes three times a day helped most of all; they now use the Breath+ app to stay on track. They no longer get PEM from physical activity, only from interacting with people, because processing expressions, conversation, and the whole social moment is so overwhelming, whether the interaction is stressful or happy. A visit can leave them sick for three days to a week. They spoke of the loneliness of this and their fear of reinfection, and said they have come to see a quieter, more solitary life as a new chapter rather than a negative one, planning breathing breaks to get through an upcoming visit from family.
- Participant shared, speaking with a voice that has been compromised for over two months, that pain, fatigue, and cognitive symptoms all seem to feed one another, making it hard to tell what worsens what. Their limits shift from day to day and even within an hour, and the dread of paying for any extra effort makes it hard to try at all. They are taking notes from others' comments to learn what might help.
- Participant shared that cognitive transitions and integrating new information are especially hard for them, and that they have learned to accept these challenges are physical, not only something to work through psychologically. They keep a slip of paper that reads, in effect, "This is harder than I expected," which reminds them to pause and let a next step emerge instead of chasing it with their head, which brings on head pain. Facing a week with a demanding medical appointment, they made columns for regular tasks, "regular plus" tasks, and the real extras, then bracketed what could be dropped. Seeing it on paper made the plan clear and lowered the fear factor.
- Participant shared that because resting so much can feel confining, they look for small choices that connect them to their core self, since they are not the fatigue or the illness. Opening a window to hear the birds, choosing among eye masks with lavender, eucalyptus, or plain flaxseed inserts, and keeping whatever small part of their spiritual practice they can do lying down all help humanize the experience and remind them they are still a person who can make choices.

- Participant shared that nutrition makes a noticeable difference for them, and that they can feel the change in weeks when they are able to eat regular, whole-food meals.
- Participant shared that they are struggling with following conversations, understanding what they read, and thinking through complex problems. They are trying a few things without yet recommending them: a speech-language pathologist found through a hospital network who specializes in long COVID, and, after discussing it with their doctor, a GLP-1 medication for brain fog, which had a surprising effect the first week that has since lessened. The most accessible strategy has been pacing their thinking: focusing on the single most important thing, setting the rest aside, and not trying to solve problems that are not theirs to solve.
- Participant shared, after roughly 20 years of illness and misdiagnosis, and many years of advocating for themselves with doctors who made them feel crazy, they are finally beginning to learn how to care for themselves through resources like Coffee with a Clinician and these groups. They recently saw two specialists with very different treatment approaches and are discerning what is right for them. They described deciding at the last minute to attend part of their high school reunion, showing up for themselves and their life, and approaching the expected recovery with kindness, gratitude, and forgiveness rather than judgment or comparison.
- Participant shared that the most broadly helpful practice for them is saying yes to whatever is happening. In a crash, rather than telling themselves it is wrong and should not be this way, they say, “Yes, this is what’s happening,” which brings them to a place of peace in the moment in a way abstract ideas of acceptance do not. They added how moved they are by how many in this community have arrived at a more spiritual perspective, and that while they would never choose this illness, its effect on their inner life has been very positive.
- Participant shared, at their second meeting, that when they were mostly housebound for a couple of years, joining an online book club on Discord eased their isolation. Because it was text-based, they could dip in and out when they felt well enough and still build real friendships without leaving the house. They encouraged others to look for online communities related to their interests, whether on Discord, Facebook, or elsewhere.
- Participant shared that their disability claim is ending soon and they may have to return to working 40 hours a week, which has them very nervous, and they asked for suggestions on returning to work and finding a long-term disability lawyer who does not take a share of the claim for its lifetime. What has helped their fatigue includes treating underlying symptoms, such as Botox for migraines; deliberately reducing

input, including time spent talking and what they watch; building systems and automating routines to cut decision-making; and putting things in writing rather than talking, especially for doctor's appointments. They recommended the show *Sleep, Eat, and Wait for Happiness* on Prime, about a woman adapting to Sjögren's disease, noting how much representation of chronic illness in media meant to them. They also mentioned trying speech therapy for brain fog, which did not help them personally but may help others.

- Participant shared a practice reparenting: speaking out loud to themselves as a caring parent would to a child. On painful or exhausting days, they tell themselves the words they need to hear, such as "You're doing great today. I'm sorry this is such a painful day. How about you go lie down for a few minutes?" Hearing those words sets off a cascade that helps them feel supported even when alone. They noted that research linking adverse childhood experiences with chronic pain and fatigue has been helpful to them.
- Participant shared they now mark on their calendar not only symptoms but also, in green, any moment of energy, inspiration, or cognitive clarity, as a reminder that things change. They recommended Toni Bernhard's *How to Be Sick* for its approach to acceptance and getting out of resistance. After stopping low-dose naltrexone for a few years, they noticed their resilience and sense of well-being drop, and they have slowly worked their way back up, which has put ground beneath them again.
- Participant shared that they treat low oxygen with a BiPAP machine, which helps, though sleeping with the mask is still hard. Having lost their parent in April, they are exploring how to express grief more so it does not contribute to their crashes. They also discovered that a massage and a facial they had intended as self-care triggered a crash, because the bodywork acted like a workout.
- Participant shared, that no one had yet mentioned heart rate in connection with pain. Early on they had severe orthostatic intolerance with a constant headache and could never sit up, and seeing a cardiologist for medications to lower their heart rate helped tremendously. They encouraged anyone who cannot stay upright to consider whether a racing heart may be involved, since they had not felt it themselves except as pain.

Participant Comments from the Chat

- "Q3: The PMS & period part of my menstrual cycle has a huge worsening impact on my pain/fatigue levels (as well as my sleep struggles)."

- “Former RN here: my 30 yr history of FM pain: tizanidine in low doses every 2-3 hours, trazodone for fragmented sleep, capsaicin to all pain regions three times a day, Gentle movement, and pacing: run everything that you want or think you "should" do through the FM translator or the ME, LC translator, which is your self-management wisdom. Dare to adapt and dare to be disabled, and okay with it.”
- “Whats helped my pain from ME and fibro is acupuncture, LDN and then full spectrum CBD works almost like magic. I swear by the Lazarus Naturals pain gummy. Ive never been this well pain controlled in 20+ years.”
- “What helps me TREMENDOUSLY with managing fatigue is pacing. Learning to live within my boundaries of what is usually workable. Always listening to my body and honoring what i hear.”
- “I've found that since stopping using my Visible and using mindfulness more, I have shed so much secondary suffering! I feel better in myself and cope with symptoms much better...Being at one with my symptoms as a part of my experience has helped me to cope a bit better. Still sucks obvs, but much better than I was doing.”
- “Pacing is everything. I also have to avoid getting emotionally upset. These things do restrict my life a lot, though.”
- “my walker has saved my life inside the house and out.”
- “Books on tape if you can't read print. Definitely a game-changer.”
- “Monitors and Laptop screens were a huge game changer for me. Dyslexia is no fun... but way easier to manage when you can blow up the font.”
- “Low dose naltrexone greatly reduced my pain from the peripheral neuropathy in my arms and hands from ME/CFS.”
- “Help for fatigue with work: only way I can work is if I work fully remote. I found my job on a job board site called FlexJobs. I don't work for them, so this is not an ad lol, but I'm very grateful I found it so thought I'd pass along. Part time, full time, flex schedules, and some hybrid jobs all on there.”
- “For me dark mode, eye light shield, noise canceling headphones, eye masks, weight blankets (#1 when I am having psh episodes), weighted lap pads, blue light blocking glasses. Visible band helps, honestly new Google health premium is helping me pace. I am 90% bedridden and when I do too much I end up severe autoinflammatory flare and can get encephalitis. Scheduled rest is so important. Do things like attending here eyes closed. I use ACT alot for current medical ptsd and current things. Assistive devices. I actually right now use stretcher transport to appointments has made it possible to actually go to appointments.”

- “Oh, forgot to add for FM pain: HEAT heat heat, hot bath, capsaicin, neck microwave pack, and heating pad to upper back.”
- “I’ve stopped walking stairs. I look for escalators and elevators. It gives me more energy to do what I need to do.”
- “In General Pacing, nature or faked nature (youtube, aromatherapy), positive affirmations related to feeling safe. Meditation only short guided forms (before I did an intensive Zen-practice).”
- “It is hard to keep up with everything. I feel weak and tired on and off physically and mentally. Some days are better than others. Its unpredictable.”
- “Yes coherence breathing has helped so much.”
- “I think this is a tough question especially when symptoms are managed you can start to feel that the problem is gone but then when too much happens the crash comes. That is called relapse and remit. These cycles can change intensity and duration.”
- “An article was published about using fluvoxamine for long covid fatigue in the Annals of Internal Medicine. It also reduces brain inflammation so I decided to try it for my neurological symptoms from ME/CFS. It has been a great help, especially during PEM which is much milder now. No staggering, slurring, confusion, tachycardia. Much less PEM pain, anxiety, depression, pots. I don’t take the full dose in the study. It lowers your heart rate too, so less wired and tired.”
- “People interactions combine so many different forms of exertion so it’s no wonder that is a particularly difficult thing for so many of us (including me)!”
- “For fatigue, rest is the only restorative measure, I’ve found. Then resolve not to massively overdo activity the next round. Bruce Campbell’s self-help website is a good resource on pacing for ME,. Etc.”
- “Fatigue can be masked by activity. Sometimes when I stop moving and check in or take a short 10 minutes break laying down quietly I realize how severely fatigued I am. There can also cognitive fatigue which might be less apparent than physical fatigue.”
- “When I’m out I try my hardest to be civil and polite. I want others to know there are still decent people out there worth your time... even it’s just a min or 2.”
- “Flat rests and limited upright time, medications from pain specialist, worse with driving and gardening, limited time with people.”
- “budgeting so much more time than I even imagine I could need on my very end 1. Preparing for a task, 2. Doing the task, 3. recovering from the task”
- “1. Still figuring this out. Assistive devices definitely: a rolling stool in the kitchen, a shower chair, a power chair. I limit stairs. I limit my standing time daily and steps. I

try to stay flat as much as possible. 2. Heat. Weighted blanket. Hopefully LDN. Again I'm still figuring this out. 3. A drop in barometric pressure worsens my pain and fatigue quite a lot. Socializing. 4. My main cognitive problem is word finding. When I get stuck now I just let others around me know by saying "sorry word finding" and if they can they help. Otherwise I just get frustrated trying to find the right word I want."

- "Self-compassion is huge!! I have been talking to myself as if talking to 'little me' & really trying to nurture myself as I need, giving myself the love & care I need."
- "ALWAYS accept help ... if someone offers to cook, yes thank you. Speak up so go ahead and ask: its a tough week for me, can you do a load of laundry please? If you have free delivery with a supermarket, pharmacy, Target etc... rewards card when you order a minimum of \$35 ... take advantage! When and if you're up to meeting someone for lunch, ask them to drive. Do your banking online. Use the dishwasher ... even every 2 days ... instead of saying of its only a few plates, I'll wash them. Visit with friends/family via Zoom often ... yes not as wonderful as in person visits BUT better than NOT connecting. You can't go to the ballet in person, watch one online."
- "I struggle with adjusting to unexpected changes too. When I can I try to mentally prepare for multiple different outcomes so I'm less taken by surprise but it's tough."
- "Shopping online - order groceries - cleaner - looking at what activities I can have someone else do."
- "A dish drain that hangs over the sink has made cleaning up a LOT easier."
- "I will be celebrating my birthday next week. I came up with a list of ways to spend the day: (1) if low energy (2) if lower energy (3) if NO energy. This was I will be happy no matter what."
- "Multiples of things like toothbrushes, and snacks/water bottles/etc, chargers, etc in multiple places..."
- "I find using Claude AI helps me find patterns I might not otherwise see."
- "4. Difficulty with remembering, finding words, concentration in general, reaction timely according to the situation. Help comes mainly from pausing, legs up, darkness, noise cancelling, breathwork."
- "I use a heating pad for pain and comfort and relaxation."
- "'Too F'in Tired' is a YouTube channel for spoonies to watch very considerately made short nature videos for when we miss being outside."
- "I started developing weekly activity tracker (which also doubles as my cognitive exercise) to clearly plan out all my activities. I break down each day by hour and ensure that I intentionally include rest periods before and after each physical or

cognitive activity to reduce PEM and associated crashes. I also track medication and diet on this tracker. I hope over time I will have my own personalized data to tailor my days going forward based on what worked or didn't work in the past."

- "'The earth still spins on its axis even if I don't do....x' works for me as it did for my students."
- "4. LDN seems to help some with cognitive fatigue symptoms."
- "LDN, Gabapentin, lots of rest, electric wheelchair in house, reclining wheelchair for dr appointments, sunglasses, sleep mask, increased water intake (100 oz+)."
- "I have weighted heating pads, weighted blanket, weighted lap pad(for stretcher transport) helps psh episodes (severe spasms, torture, chills, rigors, posturing)."
- "I take a warm bath with magnesium salts every day for the leg and back pain and aches."
- "Our tiny lives are worthy just as much as other people's large scale lives."
- "To help manage the cognitive fatigue when I'm at work I use a tip from my speech therapist and use the STAR method which stands for Stop, Think, Assess or Adjust and I think R is for Reset or redo. That's why I have it stuck to my computer because I forget it but anyway it has helped me when I get overwhelmed at work and gets me to take my time and get back on track."
- "Acceptance is key."
- "Acceptance is key to the spirit."
- "Speech and occupational therapy can help w/ cognition they work on it different ways. The word finding techniques were helpful from slp but not the exercises."
- "Talk to yourself like the parent you'd love to have or be. Similar is body doubling. If you have a "buddy" with ME, compare experiences and follow the advice you give them."
- "Oh my Aspen Vista Therapy collar for cci/aai."
- "I am prioritizing mental health and seeing a therapist once a week, which also gets me out of the house. A couple recent discussions that helped me with acceptance focused on: It's not your fault, but it's a fact; and It's important to accept and grieve loss of your old normal to build your new normal."
- "Yes red light, massage, lymph massage can help but can create lactic acid so low and slow."
- "Omg yes cpap and oxygen has helped me so much."
- "Yes, getting POTS treatment from a cardiologist is a good inroad for when we can't find someone to treat the ME."
- "Gratitude is my superpower."

- “It worth looking into food sensitivities (gluten, dairy, etc) and environmental sensitivities (fragrances, cleaning products, etc). Addressing these can be the difference between massive pain and manageable pain and fatigue.”

Tiny Triumphs

- TT: Actually remember something... there's a meeting today!
- TT 13 days of last 14 migraine free with help from LDN after switching from night time to daytime dosing. This is brand new for me even pre LC
- TT: got my doctor to sign off on supplemental oxygen as needed for brain fog!
- TT: I recently got a set of cue cards for when speaking is too hard. A very nice connection of a connection made them for me at a very low cost. Haven't used them yet but glad I now have the resource.

Resources

- Timothy Weymann's website: <https://www.timothyweymann.com/>
- Free downloadable and printable communication cards (ME/CFS Guidebook) – <https://batemanhornecenter.org/education/mecfs-guidebook/#communication-cards>
- What Is Myalgic Encephalomyelitis Like? (book written by people living with ME) – https://batemanhornecenter.org/wimel_book/
- Dr. Lucinda Bateman on whether dextromethorphan may help reduce the severity of PEM (video clip) – <https://www.facebook.com/HealthRTHM/videos/could-dextromethorphan-help-reduce-the-severity-of-pemin-this-clip-dr-lucinda-ba/2113964802892201/>
- Spoon Theory (Wikipedia) – https://en.wikipedia.org/wiki/Spoon_theory
- Bruce Campbell's CFS/ME Self-Help program, a resource on pacing
- Autonomic Education, free educational resource (autonomiceducation.com)
- The October Slide (The Zebra Club) – <https://thezebra.club/community-voices/october-slide/>
- Waking Up app (scholarships available)
- Bio Music Vibrations (YouTube) – <https://www.youtube.com/@Bio.Music.Vibrations>
- Ryukin digital goldfish tank app (iOS; also on Android) – <https://apps.apple.com/us/app/ryukin/id6471839445>
- Sleep, Eat, and Wait for Happiness (Prime Video series about adapting to Sjögren's disease) – <https://www.primevideo.com/detail/0JZWLZK35Y96GY1448AKWPDL6X>
- Toni Bernhard, How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers, plus her second book and monthly Psychology Today blog

- Silent Book Club – <https://silentbook.club>
- Job Accommodation Network (JAN), ME/CFS accommodations – <https://askjan.org/disabilities/Myalgic-Encephalomyelitis-Chronic-Fatigue-Syndrome.cfm>
- How to Get On, disability insurance and filing guidance – <https://howtogeton.wordpress.com/>
- FlexJobs, remote, part-time, and flexible job listings
- r/LongTermDisability subreddit (moderator offers state-based lawyer recommendations)
- AMMES Financial Crisis Fund – <https://ammes.org/ammes-financial-crisis-fund/>

Crisis Resources

- Dial 988
 - [What Happens When You Call 988?](#) (Article)
- Dial 911
- [Crisis Text Line](#)
- [Crisis resource page](#) (BHC)

Potential Financial Assistance Resources

- [Healthwell Foundation](#)
- [Patient Access Network Foundation](#)
- [Needy Meds](#)
- [My Good Days](#)

Chronic Illness Therapist Directory

- <https://www.thechronicillnesstherapist.com/directory>

Open Path Collective

- Helps connect people with lower-cost therapy options:
 - <https://openpathcollective.org/getstarted/>

ME/CFS Writing Group

- <https://pillowwriters.wordpress.com/>

Support Groups (alphabetical order)

Lived-Experience Support Groups

- Action for ME (online youth support based in UK)
 - <https://www.actionforme.org.uk/18-and-under/support-for-under-18/join-our-young-peoples-community/>
- BHC Support Group 1st and 3rd Tuesday at 1 pm MST
 - <https://batemanhornecenter.org/events/>
- Black COVID-19 Survivors
 - <https://www.facebook.com/groups/bcsalliance/>
- Brain and Spine Group for Zebras
 - <https://www.facebook.com/groups/brainandspinegroupforzebras>
- CFS/ME Friends
 - <https://www.facebook.com/groups/CFSMEFRIENDS>
- Health Stories Collaborative Creative Meetups
 - <https://www.healthstorycollaborative.org/creativemeetups>
- International ME Support Chat
 - 11am-1pm EST/ 5 -7pm GMT / 3-5am Melbourne time & 9-11pm EST/ 3-5am GMT/ 2-4pm Melbourne time
 - <https://us06web.zoom.us/j/84362703704?pwd=bfKmegaCLNhS6KwOUve7fkcsQjs7sB.1>
- Invisible Youth Support Group
 - <https://www.facebook.com/groups/invisibleyouthgroup>
- Long Hauler Advocacy Project
 - <https://www.longhauler-advocacy.org/support-us>
- Long COVID Families
 - <https://www.facebook.com/groups/4345929175466216>
- Massachusetts ME and FM Association Small Group Chats
 - <https://www.massmecfs.org/>
- Mass ME Gen Z & Millennial Northeast Meetup
 - https://form.jotform.com/260346468999174?utm_source=newsletter&utm_medium=email&utm_campaign=april-2026-newsletter
- #MEAction Living w/ME Support Group
 - <https://www.facebook.com/groups/211058135999671>
- #MEAction Long COVID Group
 - <https://www.facebook.com/groups/205703087068863>
- #MEAction Seniors Connect

- o https://www.facebook.com/groups/391269901334695/?ref=pages_profile_groups_tab&source_id=1408335399448862
- #MEAction Pillow Crafters (Group Crafting Sessions)
 - o <https://www.meaction.net/pillow-crafters/>
- #MEAction Additional Groups
 - o <https://www.meaction.net/groups/>
- ME/CFS Social Group
 - o <https://www.facebook.com/groups/1202428297198122>
- ME/CFS phone support group
 - o Occurs on Saturday nights at 8pm, EST.
 - o Call: 609-746-1155. Punch in: 915110#. Group is open to all.
- State Specific Long Hauler Facebook Groups
 - o <https://docs.google.com/spreadsheets/d/1vMNCrONG1oTy5QPzajNUJffu0gk4eBR4o585NosVgsk/edit#gid=0>
- Surviving with ME
 - o <https://www.facebook.com/groups/695317212152964>
- The Mighty Group Directory
 - o <https://themighty.com/groupdirectory/>
- Utah COVID-19 Long Haulers
 - o <https://www.facebook.com/groups/2619858348232191>
- The Yarrow Collective's Alternative to Suicide group is a weekly Zoom meeting. It's a free resource for folks who are struggling with nonclinical peer support. They also have chronic illness and disability support groups.
 - o <https://www.yarrowcollective.org/>

Caregiver Support

- [Caregiver Wisdom](#) is an online venture to support chronic illness caregivers. Current free offerings include: a [monthly support group](#), a [free online community](#) that's off social media, and a [blog](#) with helpful posts.
- A support group for partner caregivers (please note all caregivers are welcome) takes place on the first Sunday of each month at **12 p.m. PT / 3 p.m. ET**. Focuses on monthly topics and has small breakout rooms for closer community connection. To be added to the email list, contact Kim at kim.mecfs@gmail.com.
- #MEAction's support group for all family caregivers takes place on the third Saturday of each month at 10:30 p.m. PT / 1:30 p.m. ET. To be added to the email list, contact Denise at caregiver@meaction.net.

- If you are on Facebook, [#MEAAction](#) has a Facebook group for caregivers
- If you are on Discord, Nia has started a [channel](#) for ME/Long COVID caregivers.