Support Group: Figuring Out Relationships While Chronically Ill

October 20, 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, explaining that, as human beings, we are inherently social creatures, and whatever we experience often plays out on the social stage of our lives. The relationships we have can profoundly influence how we adjust to and cope with our symptoms, either supporting us through the challenges or making them more difficult to navigate.

Guiding Questions

1. What kind of relationship issues arise in relation to you being chronically ill?
2. What are you finding helps you get (and give) what you want in relationships?
3. What do you want to figure out how to handle in reference to managing relationships and being chronically ill?

Timothy's Shared Wisdom

- Illness often raises questions about the roles we play in other people's lives, and those roles often need to be renegotiated.

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- Just as our bodies do not always cooperate, not everyone else will cooperate either. It's important for us to get clear and intentional about how we want to respond when our bodies and/or others don't cooperate.
- If illness prevents engagement in activity with loved ones, we can ask the people we love to come back and tell us all about what they did and show us the pictures. That way we can still connect and be included, and this can be particularly helpful when interacting with children who can feel supported and validated because we are showing interest, even when we cannot show up the way we want to. We have to keep coming up with creative, new ways to stay included.
- Illness can surprise us, pleasantly and unpleasantly, about who people are: some we did not expect to rally to help do, and some we expected to help us don't. It helps to get clear about the source of any problems by exploring whether disappointments, disagreement or rejection is really about our illness or about the other person's current bandwidth for stress, communication skills, empathy, or relationship skills. Often it is the latter, and the illness becomes a scapegoat. Asking this question keeps us from unduly blaming ourselves and personalizing conflict, disappointment and losses.
- Relationship challenges we face are an invitation to be very direct, to actually ask the people in our lives the questions we have, so that expectations are clear. Clear and direct communication can bridge gaps in mutual understanding.
- Throughout all of this, it is important to check whether our expectations are fair, reasonable, and realistic, both of ourselves (in light of any disabilities) and within a relationship; and of the other person. If someone has never been very helpful, it would not be a reasonable expectation that they would come and help when we are sick, just as it would not be reasonable to expect ourselves to go beyond our symptoms in certain situations.
- Part of the benefits of adulthood is that we get to decide our own priorities and values. When people evaluate how we spend our limited energy, we are invited to evaluate their evaluation. We do not have to agree with their conclusion or their priorities.
- Many relationship disappointments come from covert contracts: uncommunicated expectations we hold of another person that they have never explicitly agreed to. When we are upset with someone, it can help to take responsibility for examining whether we have been engaging in a covert contract, and then to move toward an explicit one by talking openly about expectations and whether they are fair, reasonable, and realistic (and mutually agreed to).

- With modern urbanization and less emphasis on traditional sources of community, many people lack the cohesion a village once provided, and if we are partnered, we may put pressure on our partner to do what a whole village once did. It is important to recognize this and diversify the social resources we draw on as much as we can.
- We want to avoid personalizing our limits (making them about our worth) or other people's limits (making them about us or our illness). A friend who is upset when we cancel may be personalizing a rejection that is really about the illness, and when we blame ourselves for our illness or believe we are less worthy because of it, we are personalizing too. Personalizing creates and fuels internal distress and relational conflict, so working on it in our own psyche makes us more personally content, and better in relationships.
- When our solutions do not work, it suggests the diagnosis of the problem was wrong. If we keep educating people and they still are not there for us, the problem was not a lack of education, it was something else. Grief may begin with denial, anger and then sadness; but as it progress into healing it moves to acceptance and adaptation. If we keep expecting something from someone who is not delivering, we are not grieving; we are in denial. It can be more helpful to recognize what we will never get from a particular person, grieve it, and then move that energy toward someone else, and sometimes toward ourselves: "You are not going to give this to me, so I am going to give it to me, and this is how I am going to do it."
- The ancient wisdom teacher Rumi wrote that our task is not to seek for love, but merely to seek and find all the barriers within ourselves that we have built against it. When we are dissatisfied with a relationship outcome, it helps to ask what our own role is in it and how we may be blocking the reception of love and connection. Believing negative things about ourselves as chronically ill people is one of those barriers.
- We have relationships not only with other people, but with our illness, our bodies, and life itself. The existentialists would say it is not our job to find the meaning in the illness, but to create it. Shifting from "What does this illness mean?" to "What do I want this illness to mean for me?" can be an empowering and intentional refocus.

Verbal Comments

- Participant shared that, with their primary caregiver parent out of town, their other parent, who has dementia, is caring for them and cannot remember without prompting to bring food and water when they are bedridden with severe ME. The situation echoes a childhood in which they had to care for a parent in order to be

cared for, and they are upset to find themselves still caregiving while so ill, unsure how to think about it.

- Participant shared that their question is about starting new relationships. Chemical sensitivity is their biggest barrier, and they feel heartbroken when they ask someone giving them a ride or hosting an activity to leave off perfume and hairspray for a few hours and are told no. They asked for advice on handling both their own feelings and other people's resistance.
- Participant shared that, having gone from very active to not very active, they encourage their spouse and college-age child to do activities without them and do not want them to feel guilty for leaving them behind. That can be hard to mask, and they feel guilt and sadness, including in work relationships. They would like to find more confidence and not feel left behind, which they see as coming more from within than from how others treat them.
- Participant shared the painful loss of a 40-year friendship. After they hosted a baby shower for their adult child, which took a great deal of energy, they told the friend they would be too exhausted to attend the friend's family graduation party the next day. The friend skipped the shower in response and then stopped returning calls and texts entirely, and more recently sent an unkind message about an upcoming family wedding. They described it as heartbreaking because they had thought they could rely on this person, who knew what they go through.
- Participant shared that a close friend who has supported them for years has been pulling back while coping with her own family health struggles, and the empathy does not feel present the way it once did. Since losing their mother three years ago, they have lost a foundational connection and practical support, and they live alone and feel very isolated.
- Participant shared, at their first group, that they have lived with their spouse for several years and that, by all accounts, he has been great and patient, and they have gotten better at speaking up when they have fewer spoons than expected. The harder part is the push and pull when a partner has opinions about what they should spend their spoons on. For example, they have been in a multi-year negotiation about getting a dog: they work from home and believe they would prioritize its care, but they meet resistance about whether they have the capacity, and they struggle with that sense of agency when others weigh in on how they use their energy.
- Participant shared that at first they did not know what they had, then believed they would get better, so they treated relationships the way they used to during a busy spell at work, doing the friendly minimum and planning time together for later. Now

that they recognize the illness is here to stay, they hope to learn how others build meaningful relationships in this new reality. They added that relationships are where they most want to spend their spoons, that this is one thing they have control over, and that they do not like it when someone thinks they should spend them elsewhere.

- Participant shared that their perspective on relationships has changed a great deal since first getting sick in 2023, when they poured out their heart about losing so many people. Watching the lives of family members who left them, they have come to feel, in some ways, that they are the one who is blessed, even while isolated. Making new relationships is very hard with limited spoons and people who do not understand, but everyone has something going on in their life, and they encouraged the group to remember to be kind and compassionate to everyone.
- Participant shared that it is hard to look beyond our own suffering and find empathy for others, and that they believe everyone's capacity to care for others changed with COVID, even for those who did not get long COVID. Their main relationship challenge is with their spouse: they got sick just as he retired, so the dreams they had planned did not happen. They encourage him to pursue his passion for long-distance cycling, and he is away for months at a time, which they have made peace with; the harder part is the transition when he returns home. With friendships, they now try to expect less and focus on whether they can have a meaningful exchange about things that matter to both, such as a newspaper article or watercolors with a friend overseas.
- Participant shared that the family who once promised to help are now out of the picture, so their parent became their main support. For about eight years, an online gaming community of around 40 people became their social circle, until a server change meant starting over, which they did not have the energy to do with POTS and ME/CFS. The loss left a huge void and showed them how important socialization is. They are now rebuilding one person at a time.
- Participant shared that they are mostly bedbound, and that for the first few years their spouse did not acknowledge their illness; it has gotten better, but he still does not understand its full scope, so many of their emotional needs go unmet at home. What they have learned is to meet their needs across several people rather than one. The hard part is keeping friendships going when their energy is unpredictable. Video chats are not quite enough, and they long for real, in-person connection that fits their energy, like sharing a cup of tea or watching a movie side by side, with people who understand their illness.
- Participant shared that they were recently diagnosed with skin cancer and need a procedure on their back that will require daily dressing changes, and realizing they

live alone with no one to ask brought up loneliness. They are grateful for a few local friends, but those friends do not connect on a deeper emotional level, and the energy needed to meet people and build new friendships has been a real barrier. Two past romantic relationships ended in large part because of ME/CFS, which they do not blame anyone for, though it is sad.

- Participant shared that connection is a human need and the resting they must do can be lonely. They have decided not to date. Friends from different parts of their life set up recurring Zooms during the pandemic that are still going, which gave them a foundation once they developed Long COVID. They keep illness talk to a few minutes, ask about others, and save venting for their therapist. When invited somewhere, they say up front that they may need to rest or cancel, which helps set expectations. They reminded the group that others have their own struggles, that much of what people do has more to do with them than with us, and that some people are not wired for caregiving.
- Participant shared that they recently spent their 40th birthday in silence. Even while ill, they put great effort into celebrating others, traveling internationally and planning baby showers, and it stings when reciprocity wanes over time.
- Participant shared, on their second visit, that a therapist recommended the group because they felt so isolated. Their hardest relationship has been with themselves, coming to terms with being chronically ill. Their partner has seen them from before illness to now, and an inner voice tells them they are not good enough or not the person he fell in love with. They tend to say "I'm fine" when people offer help because part of them feels they do not deserve it, and they are working on giving themselves grace, accepting help, and opening up to their partner about what they need and what they may no longer be able to do.
- Participant shared that their biggest struggle now is their relationship with life itself: after working so hard to grow and expand their world, it keeps shrinking. Turning 40 soon, they had hoped to travel to Bali. Mostly in bed but still able to communicate and do therapy, they still have strong emotional and cognitive needs, and they asked how to regulate, get those needs met, and accept limits as a neurodivergent person who has fought their whole life to be part of life.

Participant Comments from the Chat

- "I find a lot of people tend to take it personally when I have to politely cut a conversation short when I have to stop and pace. Some hold a grudge afterwards and stop speaking to me altogether."
- "I like FaceTimes, because then I am in my own environment, and can control smells/scents/stimulation. It's difficult though if you need to be in the same space for a ride."
- "Why are people so ridiculously petty sometimes? Chronic illness seems to divide people into extremes: either people step up or they show their worst selves."
- "Honestly, I was a 20+ year RN before all of this, before long COVID and ME/CFS. I honestly lost so many. Yes, they are "friends" on Facebook, but so many didn't check in when I was severely ill and don't now. So many can't deal with their own mortality, so they pull back; that doesn't make it less disappointing. I am a health care provider that got an illness that many health care providers judge, unfortunately."
- "I've decided this… unless someone has a chronic illness, they just don't get it! I didn't until I got mine."
- "I remind myself that everyone is caught up in their own drama and they need lots of reminders to help support me."
- "I have a small sign on my front door that says "Masks required, immunocompromised person. If you don't have one, one will be provided." If repair folks can respect that, my 'friends' certainly can."
- "Yes!! Reasonable expectations."
- "It is important to maintain realistic expectations with friendships. MANY people are empathetic."
- "I wish I had an answer. It is really hard to maintain relationships when the reciprocity can't be generally equal like it used to be and when the ability to connect is so limited. I think in large part it depends on the friend being someone who can adjust. Hoping others will add their wisdom and experience!"
- "I'm trying to figure out what I can enjoy with my husband now that I have so many limitations: food, cognitive with screens/games, physical."
- "Relationships are exactly that: relational. In that, all relate back to ourselves. So, my current finding is that we must come from a place of self-love first and foremost. That is non-negotiable, because we are most important to us and all relationships are in reference to us. Also, love that this topic is covered during Venus retrograde!!!"
- "I've found that many of the people I'm closest to understand the least and people I'm not as close to get it. It might be that those closer to me know how I used to be; they have expectations. I realize that it may help me to lean more into those relationships

who demand less and trust this path to some newer, deeper friendships. It might broaden my world instead of making it smaller."

- "I have decided to validate myself and always put my needs first as far as I can, but always attempting to balance it with being respectful in communicating my limitations whilst also recognizing others have their own needs and tolerances."
- "I feel like there's probably a video on the Sexplanations YouTube channel that could give you some ideas, but I can't think of a specific one to recommend…"
- "I often remind myself that I can't ask for more than someone can give, when I'm disappointed with other people's ability to give or meet my expectations. Most of the time, people who I feel "let me down" don't do so intentionally or because they don't love me. They're dealing with their own emotional baggage. None of us are capable of giving more than we have capacity for."
- "One day at a time is a wise strategy for ALL in life. For us, even one hour at a time can be a helpful way to handle life."
- "Dateability is an online dating app for people with chronic illnesses and other disabilities. It's not specific to ME, but may be an option."
- "A very kind acquaintance asked me, "What can we do to make (their small social event) more accessible to you?" I thanked them, but I realized that I hadn't thought about how to answer this before; I'd only thought "I can't do this." I wonder if some friends and acquaintances just need advice on what they can do to help us maintain our connection. I've had a lot of challenges between now and then so I haven't addressed this for myself or with others, but I'm hoping I can learn how to be more explicit about what I can and cannot do and how my friends can do their part to stay connected. It reminds me of how people get after a family member dies and people are afraid to contact you or don't know what to say or do."
- "I think because we men are raised/expected to be tough, it is hard for us to reach out and to find supportive "communities," and we may be prone to a deep sense of isolation. I think females with this condition have a more natural bent to reach out to each other and hence are more likely to find some form of support than males. Just a thought!"
- "Thanks for the reminder about checking in with others who are ill. I too was in healthcare and have two prior colleagues (even sicker than me) disabled with long COVID/ME. Mostly, they don't respond to my messages (email and text); I think it is because their energy envelopes are too small. The lack of response makes it harder to send well wishes and makes me wonder if I put them off somehow. I am going to try

and keep in mind what you shared and put it on my calendar to send off a message every 6 weeks or so."

- "Some CVS MinuteClinics do wound care, should you need it."
- "Same here. Severe. LOTS of limitations. Grieving that I cannot have the conversations I want. Too much emotion. Then all our communication is about medical stuff. Maybe a word game or guessing game that can go on for hours or days?"
- "I got help with something like that from the Mobile Health unit at our local fire station (basically EMTs). Maybe that's an option for you. Might look into visiting nurses/home health care too."
- "We used to do dinner and TV. Sometimes I let him feed me dinner. It can be bonding and vulnerable and intimate."
- "My support group seems to offer some solid socializing."
- "I can only sustain relationships with someone through texting."
- "I think it's healthy to be OK with being alone. I'm super introverted and have always needed a lot of time alone, so at the beginning there was some relief to be able to be home alone. I don't have many friends, but I feel like they really have my back. The kind where, when I do text, we pick up right where we left off. Do you have people like that? I think this is the group to look for them if you don't."
- "Audiobooks are my new love."
- "For any interests you have, perhaps try searching online for any virtual groups. I've found deep connections with a book group and a writing group and am so grateful."
- "I can't help but think that compassion is on such a spectrum that there are insensitive jerks, but there are others who would welcome a tranquil relationship."
- "I have joined Dateability, a free option for folks with disabilities to date/form relationships. Meh. At least there is an app. I barely have spoons to care for myself, let alone meet and chat. But at least there are other chronically ill folks."
- "I do have a few friends that really care, but many have drifted away and never tried to understand, which makes the ones who STAY so special!"
- "Working slowly on a puzzle could be something to do together. Easier to pace and lower cognitive strain than TV. We have friends that we share puzzles with, so it doesn't get too expensive."
- "Yes, openly setting expectations. I'm going to try to do more of that."
- "I feel like it is very hard for other people in my life to now see me as a person who is "sick," as opposed to a person who was once very high functioning and extremely active. I believe that if I am struggling with my own perceptions of how I have changed, I'm sure that others in my life are also having to do the same…"

- "Self-love is LIFE CHANGING!!!! We must show ourselves the same grace and love we so easily give to others."
- "I hear you. I am finding sacredness in solitude."
- "Love that! Sacredness in solitude. Poetic."
- "Good to know. I'd like to have a life that's relatable to the other person. That expectations happen one day at a time. Simple, genuine connection with empathy."
- "Reciprocity is such an issue! I find many people are very happy to interact with me if I am going into their world, but not if they need to come into mine. I am genuinely interested in them and their lives, but I need to feel that it's mutual."
- "Reciprocity is a dying art/action. I loved that article about the death of dinner parties. People want a village but don't want the effort of creating community and navigating conflict and repairing relationships after conflict."
- "YES, sometimes we surround ourselves with selfish people."
- "Balancing different needs. Need to be alone to recover. Need to connect to feel seen and to be helpful. Need rest. Need some kind of connection. Defining the kind of connection I can handle is important, I think."
- "No matter how high we hold up our end of the board, it never changes the height at the other person's end of it."
- "I've been trying to adopt radical acceptance."
- "Re: empty promises, I recently had a breakthrough that integrity with your word is a principle I live my life by very strongly, and is a covert contract I've silently been holding everyone to. As Timothy said, the breakthrough was realizing I'm the one breaking my own heart by holding everyone to that standard without their knowledge/consent."
- "Practicing receiving. So, so hard."
- "You are spot on. I spent my 40th birthday in bed, alone. And the vulnerability of even deciding to share my illness with a few chosen longtime friends, and the response is silence, just broke my spirit. Not one even bothered to Google; it is so true!"
- "Agreed. I have a hard time receiving, as I feel bad for not being able to reciprocate, or feel like I "owe" them back, even if they're just trying to be nice."
- "I asked a couple of friends if they wanted to come over once a month, so that I can see them and we can keep up with each other's lives. The rule is that if someone can't come, that's fine. This has been happening for 7 months already, and at least one person has shown up each month. If we don't communicate outside of this day, that's fine with us all."

- "I had a similar experience before I decided to get divorced. Sitting in my car with a raging migraine in a parking lot while my family was inside an arcade, wondering how I ended up in a situation where NO ONE had my back. It took years, a ton of courage, and felt lonely for a while, but I came out the other side 1,000 times happier. Leave those people behind. There are other people out there who will appreciate you for WHO YOU ARE!"
- "We MUST be kind to ourselves each and every minute of every day!! We have to love ourselves first. We have to make ourselves a priority. We are important; we matter."
- "One thing I learned is that what people do or don't do is about them, not about you. We can only be responsible for what we do, and look for people who share the ability and value of being present and loving. I find it very hard to find those people, but I've gotten better at not internalizing other people's limitations when they disappoint me."
- "We have to find meaning and make a purpose out of it. Not always easy! Viktor Frankl talks about this in his books."
- "It's such a journey to unpack it all when answers were hard to come by your whole life."
- "Yes, we worked so hard to expand our world and now it feels so isolating… and at the same time, we no longer resonate with the mainstream hustle and bustle and such."
- "You're not alone."

Tiny Triumphs

- "I attended my local League of Women Voters chapter's book club via Zoom. They thought it went so well they're going to continue doing hybrid in-person/Zoom meetings moving forward."
- "I've found an international virtual book club that meets once a month."
- "I got a lot of paperwork done yesterday that has been waiting to be done for so long."
- "I was able to do errands after my doctor's appointment. I haven't been able to do errands for months."
- "I got back on my Peloton bike without PEM after, for the first time since last year. Not a programmed class; just 15 minutes at very low resistance and slow pace, but no crash after that was huge."
- "I got an apology and a hug from a doctor after I wrote her a letter protesting a scolding message I got from her when I canceled a couple of procedures involving

both treatment and a clinical trial I'm in, when a bad upper respiratory infection left me too sick to make them."

- "I was able to make my annual PCP appointment last week! It was important I make it in person to get my labs, etc. Plus a big TT! In the prior weeks I was able to prepare a one-page summary for my doctor of what's going on with me in priority format, in case there wasn't time to share it verbally or I forgot in the appointment. I gave it to him to read and put in my file. He was receptive to it and I believe it helped him understand more."
- "I filled out my absentee ballot this morning and slow cane-walked down the driveway to get it in my mailbox."
- "I made an in-person cardiology appointment yesterday and got some answers about a recent POTS flare-up. Hopefully going to feel better soon."
- "I asked a friend for help with a specific task (sorting papers for moving), and she was glad to come help. She also wants to come over to help again whenever it works for me. I struggle to ask for things, but this reminded me that sometimes people really are wanting to help and just need to be pointed in a direction."

Resources

- Timothy Weymann's website: https://www.timothyweymann.com/
- Believing the Loved One – https://batemanhornecenter.org/wp-content/uploads/filebase/Believing-the-Loved-One-005.pdf
- Insights Into My Chronic Illness (for sharing with loved ones and caregivers) – https://batemanhornecenter.org/wp-content/uploads/filebase/Caregiver-Letter-Insights-into-My-Chronic-Illness-V5.pdf
- Chronic Illness: What I Want You to Know (a briefer, fillable resource for communicating your needs in writing) – https://batemanhornecenter.org/wp-content/uploads/filebase/Chronic-Illness-What-I-Want-You-To-Know-Fillable_2.pdf
- Art Card Project for ME/CFS (sign up to receive handmade cards; makers welcome) – https://chronic.market/art-card-project-for-me-cfs/

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
    - https://www.facebook.com/groups/391269901334695/?ref=pages_profile_groups_tab&source_id=1408335399448862
- #MEAction Pillow Crafters (Group Crafting Sessions)
    - https://www.meaction.net/pillow-crafters/
- #MEAction Additional Groups
    - https://www.meaction.net/groups/
- ME/CFS Social Group
    - https://www.facebook.com/groups/1202428297198122
- ME/CFS phone support group
    - Occurs on Saturday nights at 8pm, EST.
    - Call: 609-746-1155. Punch in: 915110#. Group is open to all.
- State Specific Long Hauler Facebook Groups
    - https://docs.google.com/spreadsheets/d/1vMNCrONg1oTy5QPzajNUJffu0gk4eBR4o585NosVgsk/edit#gid=0
- Surviving with ME
    - https://www.facebook.com/groups/695317212152964
- The Mighty Group Directory
    - https://themighty.com/groupdirectory/
- Utah COVID-19 Long Haulers
    - 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.
    - 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, #MEAction has a Facebook group for caregivers
- If you are on Discord, Nia has started a channel for ME/Long COVID caregivers.