



American Heart Association.

## Support Network

*“Will it happen again?”*

*“Why did this happen to me?”*

*“How can I help him feel better?”*

*“How long will it take me to recover?”*

*“How can I give her hope?”*



# YOU ARE NOT ALONE.

*Heart disease and stroke affect millions of Americans — not just patients, but the loved ones who care for them as well. Patients may feel alone, scared or depressed. Caregivers may be tired, confused or overwhelmed.*

That's why the American Heart Association's **Support Network** exists: so real people can share their real stories and make a real difference in people's lives.

Signing up at [heart.org/SupportNetwork](https://heart.org/SupportNetwork) is easy, and membership is free — putting advice, encouragement and reliable, helpful information at your fingertips whenever you need it.

### **Sign up for HEALING**

Find emotional support by sharing your experiences, monitoring your progress and celebrating your achievements with others who are facing a similar journey.

### **Sign up for HELP**

Get practical advice from other patients, family members, friends and caregivers who have asked the same questions you now face.

### **Sign up for HOPE**

Read stories of encouragement and share the strength of real people — just like you — who have survived heart disease or stroke.

### **Make a connection. For life.**

American Heart Association Support Network | [heart.org/SupportNetwork](https://heart.org/SupportNetwork)

Heart Disease | Stroke | Caregiving | Pediatric Stroke | Chronic Conditions | Emotional Wellbeing | Congenital Heart Defects  
| Rehab and Recover

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