



Support Groups



Overview

If you are having trouble coping with something in your life, a support group may help. It's a group of people who come together to talk to each other. There are support groups for many topics such as divorce, addiction, and various illnesses and disorders.

Share Your Story

Some support groups are led by people just like you. These are people who have gone through what you're experiencing. Other groups are led by professionals. In a support group, you can share your story. You hear about others' experiences. You learn about ways to manage your problems, and learn about other resources available to you.

Avoid Isolation

For many, a support group is an important tool for dealing with a crisis. It can be a lifeline. Talking with other people helps you feel connected instead of isolated and alone. Listening to others' stories can help you realize that other people deal with similar problems and overcome them.

Conclusion

If you're feeling overwhelmed, or if you're having trouble dealing with some aspect of your life, talk to your doctor. Find out if a support group can play a role in your ongoing care.

