

Health InfoNet of Alabama

Guide to Finding Support Groups

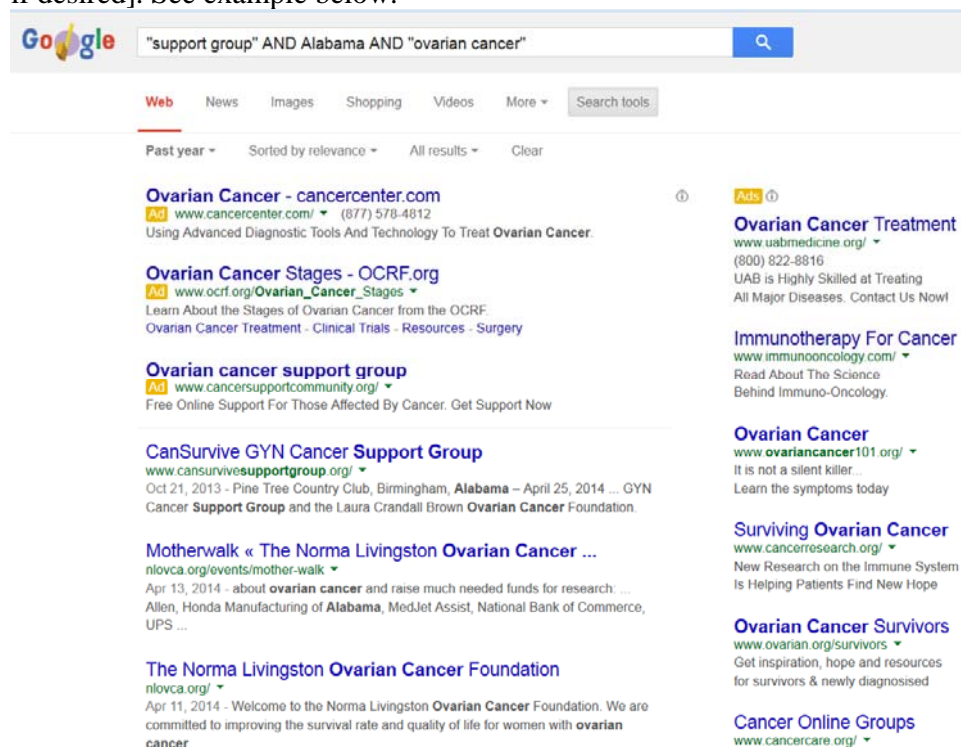
Finding information about a disease or treatment can be hard, but often the hardest thing is finding someone to talk to who understands your real concerns. This is where a support group can help. Fortunately, it is easier than ever to find the right support group for you!

Support groups have been around for a long time wherever a group of people dealing with similar issues got together to discuss their experiences. Now the Internet makes it easier for those whose locations or other circumstances might limit their participation in a live local support group to find help via Web message boards and email discussion list groups. The following tips are for people looking for live groups, online groups or trying to start their own support group.

◆ Local live support groups

AL.com – Use the search box at the top of the page using “support group” (including quotation marks) as search phrase to find articles and information about local support groups and events.

Searching for local support groups on Google (<http://www.google.com>) – In the search box, type in “support group” AND Alabama [AND name of town or condition, if desired]. See example below.



The screenshot shows a Google search interface with the search query "support group" AND Alabama AND "ovarian cancer". The results are sorted by relevance and include several advertisements and organic search results related to ovarian cancer support groups and treatment options.

Web News Images Shopping Videos More Search tools

Past year Sorted by relevance All results Clear

Ovarian Cancer - cancercenter.com
Ad www.cancercenter.com/ (877) 578-4812
Using Advanced Diagnostic Tools And Technology To Treat Ovarian Cancer.

Ovarian Cancer Stages - OCRF.org
Ad www.ocrf.org/Ovarian_Cancer_Stages
Learn About the Stages of Ovarian Cancer from the OCRF
Ovarian Cancer Treatment - Clinical Trials - Resources - Surgery

Ovarian cancer support group
Ad www.cancersupportcommunity.org/
Free Online Support For Those Affected By Cancer. Get Support Now

CanSurvive GYN Cancer Support Group
www.cansurvivesupportgroup.org/
Oct 21, 2013 - Pine Tree Country Club, Birmingham, Alabama – April 25, 2014 ... GYN Cancer Support Group and the Laura Crandall Brown Ovarian Cancer Foundation.

Motherwalk « The Norma Livingston Ovarian Cancer ...
nlvca.org/events/mother-walk
Apr 13, 2014 - about ovarian cancer and raise much needed funds for research: ... Allen, Honda Manufacturing of Alabama, MedJet Assist, National Bank of Commerce, UPS ...

The Norma Livingston Ovarian Cancer Foundation
nlvca.org/
Apr 11, 2014 - Welcome to the Norma Livingston Ovarian Cancer Foundation. We are committed to improving the survival rate and quality of life for women with ovarian cancer ...

Ovarian Cancer Treatment
www.usbmedicine.org/
(800) 822-8816
UAB is Highly Skilled at Treating All Major Diseases. Contact Us Now!

Immunotherapy For Cancer
www.immunooncology.com/
Read About The Science Behind Immuno-Oncology.

Ovarian Cancer
www.ovariancancer101.org/
It is not a silent killer. ... Learn the symptoms today

Surviving Ovarian Cancer
www.cancerresearch.org/
New Research on the Immune System Is Helping Patients Find New Hope

Ovarian Cancer Survivors
www.ovarian.org/survivors
Get inspiration, hope and resources for survivors & newly diagnosed

Cancer Online Groups
www.cancercares.org/

◆ **Online support groups**

*Tip: Check the dates and content of some of the messages posted on an online community discussion list to see if the group is currently active and a good "fit" for you. This is known as "lurking" before you become an active participant in the group - and it's perfectly acceptable!

American Self-Help Clearinghouse Self-Help Sourcebook Online
(<http://www.mentalhelp.net/selfhelp/>) - The Self-Help Sourcebook Online contains a searchable database of over 1,100 national and international support groups. For more information, point your browser to the URL above or call the American Self-Help Clearinghouse at 973-989-1122.

WebMD (<http://www.webmd.com>) - A variety of supportive communities on various health issues are hosted on the WebMD site. Registration is required, but it is free.

PatientsLikeMe.com (<http://www.patientslikeme.com/>) – Founded on principles of open sharing of information among participants, the 250,000 members seek to inform each other about healthcare experiences and advances relating to over 2000 health conditions.

◆ **Starting your own support group - some things to remember:**

Try to find out if there is already a similar group in your area - check the resources listed above.

Don't try to do it all yourself. Enlist other interested persons in helping to set up the group right from the start.

Think about the overall purpose of the group (emotional support, education, advocacy or a combination?) and who you would like to include as members (those facing the health problem or their families and caregivers? any interested party?)

What will be the format of the meetings? Where will you meet? Who will be the main contacts for the group? How will you publicize the meetings?

Expect ups and downs in attendance and interest.

[Note: these tips were adapted from the American Self-Help Clearinghouse Self-Help Sourcebook Online, "Starting a New Self-Help Group." For more information see <http://www.mentalhelp.net/selfhelp>]

(Author: Kay Hogan Smith, Health InfoNet Project Director. Updated 7/9/14)