



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 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

Heart Disease | Stroke | Caregiving | MyAFibExperience