

### About support groups

Support groups can be helpful in dealing with many health issues. They are consumer oriented and provide peer support. No one understands better what you're going through more than those whose lives have also been affected.

#### Benefits of participating in a support group include:

- **Emotional healing** through validation—you are not alone!
- **A safe environment** to discuss brain injury issues
- **Education** from the exchange of information & experiences
- **Connection** to resources participants have found helpful
- **Encouragement** that those affected by brain injury can have an excellent quality of life

### How to find a support group

If you are a **veteran seeking a support group**, you can locate a support group that better accommodates your needs through one of the resources listed [here](#)

If you are a **caregiver to a veteran**

, contact the

[VA Caregiver Support Program](#)

or call the

**National Caregiver Support Line**

at 1-885-260-3274.

**Caregivers** can also find a support group through the [Family Caregiver Alliance](#) ~ *the National Center on Caregiving*

**Survivors** contact your primary care physician (PCP) or, if you were treated at a rehab center, contact the case manager or social worker and ask for a referral to an appropriate support group for your needs.

**Contact** a [brain injury advocacy organization](#) or do an online search (Bing, Google, Yahoo, etc).

### **Prior to attending your first support group**

Since support group meeting dates and times are subject to change, **contact the facilitator** to:

1. Confirm the date and time;
2. Confirm the location; and
3. Determine whether that group is the best for you.

**NOTE:** It doesn't matter where you find your resources, it matters that you find them as soon as possible. If you come across a good support group or resource and you'd like to share it with the **brain injury community**, please add that resource to the **BIC Blue Book** [here](#) .

**If you are having trouble finding a local support group**, consider participating in an online support group/network/discussion group or search the

[BIC](#)

[Blue Book](#)

or contact the

[national or international brain injury advocacy organization](#)

of your type of injury to find

your regional brain injury advocacy group.

If an online support isn't working for you and there isn't a support group that meets your needs in your community, consider initiating one. A resource available to assist one in initiating a support group is published by the [Brain Injury Association of America \(BIAA\)](#) titled, "[Helping](#)

[Ourselves: A Guide for Brain Injury Support Groups](#)

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If you have additional needs, return to "[I have been diagnosed with a brain injury](#)," or "[I am helping someone whose life has been affected by brain injury](#)"

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OR select the "go back one page" feature.