

Lupus Community Resources

Systemic lupus erythematosus (lupus) can be a hard disease to manage alone. The following resources can help you stay informed, find support, and connect you to other people living with lupus.

Lupus Support Groups and Services

- **Lupus Foundation of America (LFA)***
 - 1-800-558-0121
 - www.lupus.org (*links to local chapters, community programs, and support groups*)
- **SLE Lupus Foundation***
 - 1-800-74-LUPUS (1-800-745-8787)
 - www.lupusny.org (*lupus awareness, education, and support services*)
- **The Us In Lupus**
 - www.usinlupus.com (*provides information and educational resources*)
- **Could I Have Lupus?***
 - www.couldihavelupus.gov (*lupus educational materials and discussion forums*)

For Caregivers of People Living with Lupus

- **Family Caregiver Alliance***
 - 1-800-445-8106
 - www.caregiver.org (*public voice for caregivers*)
- **Caregiver Action Network***
 - 202-772-5050
 - www.caregiveraction.org (*education and support for family caregivers*)
- **The Well Spouse Association***
 - 1-800-838-0879
 - www.wellspouse.org (*support site for caregivers who are spouses*)

Clinical Trials

- **Lupus Research Institute***
 - 1-877-95-TRIAL (1-877-958-7425)
 - www.LupusTrials.org (*coalition of local organizations and clinical trial resources*)

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Government Assistance Programs

- **Benefits.gov***
 - 1-800-333-4636
 - www.govbenefits.gov
- **Social Security: Benefits For People With Disabilities***
 - 1-800-772-1213
 - www.ssa.gov/disability

General Disease Information

- **Arthritis Foundation***
 - 1-800-568-4045
 - www.arthritis.org (*links to local chapters; provides educational and support services*)
- **Lupus Foundation of America (LFA)***
 - 1-800-558-0121
 - www.lupus.org
- **National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)***
 - 877-226-4267
 - www.niams.nih.gov
- **WomensHealth.gov***
 - 1-800-994-9662
 - www.womenshealth.gov (*federal government source for women's health information*)

Use the space below to write down other resources that may help you find support and stay informed.

Ask your healthcare provider about other helpful resources.

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