# Community Support for Long COVID

This list was prepared by the Body Politic COVID-19 Support Group. We encourage you to join several groups to find the right fit for you. Every group listed below is patient-led, which means that patients lead and help moderate the groups. The QR codes link to the support group sign-up pages (see bottom of page for instructions.) Twitter handles are listed below the QR codes. For technical assistance or updates, please email support@wearebodypolitic.com

<table>
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<th>Community Support</th>
<th>Description</th>
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| **BODY POLITIC**  | The first COVID support group, created by patients for patients in March 2020, is a moderated and channel-organized group on the private Slack chat platform. A global leader in Long COVID advocacy and research, they offer educational and social events, as well as research, media, and advocacy opportunities to all members. Open to anyone with prior COVID-19 infection, and their caretakers.  
  - Subgroups: 70+ channels for body systems, demographics (BIPOC, LGBTQIA, Spanish speakers, medical professionals, teachers, etc.) & more  
  - Technical difficulty: easy to moderate  
  - Size: large (12K+ global members) |
| **BLACK COVID-19 SURVIVORS** | A private Facebook group for Black COVID-19 survivors. From the group: "Black and African-American people have been hard hit by the COVID-19 pandemic during a time when we already face medical inequality and bias in diagnosis and treatment. Come share your story, your family's story and let's talk out what's needed for recovery and reducing the spread."  
  - Technical difficulty: easy  
  - Size: medium (1,700+ people) |
| **#ME ACTION**    | Offering a variety of private Facebook support groups for Long COVID and ME/CFS. ME/CFS stands for myalgic encephalomyelitis, also called chronic fatigue syndrome.  
  - Subgroups: support groups for Long COVID and ME/CFS, state chapters for location-specific support & activism, pregnancy and parenting with ME/CFS, caregiver support group, military & veteran families  
  - Size: small to medium  
  - Technical difficulty: easy |
| **DYSAUTONOMIA INTERNATIONAL** | Offering a variety of private Facebook support groups for people with autonomic nervous system disorders. Dysautonomia can be common in people with Long COVID or ME/CFS. (POTS is a common type, but not the only type of dysautonomia.)  
  - Subgroups: Facebook groups for all US states, as well as specific support groups for teens, college, LGBTQ+, Black community, and men  
  - Size: medium  
  - Technical difficulty: easy |
| **COVID-19 LONGHAULER ADVOCACY PROJECT** | Offering a variety of private Facebook groups to create a space for advocacy, education and support for people with Long COVID. This group is led by a former paramedic firefighter who got COVID in March 2020. A great space to get involved with activism. State chapters also offer small support groups to help you find resources in your area.  
  - Subgroups: Small Facebook groups for US states  
  - Technical difficulty: easy  
  - Size: medium (state chapters: small) |
| **LONG COVID SUPPORT - FACEBOOK** | A large (50k+) private Facebook group offering support for Long COVID with international reach. This is a private group for people with Long Covid or people who are caring for someone with Long Covid.  
  - Subgroups: none  
  - Technical difficulty: moderate  
  - Size: very large (50k+) |
| **LONG COVID FAMILIES** | Peer support & workshops for caregivers, children, & individuals with long-term complications from COVID-19. Spanish language support (particularly for teens and school accommodation support) in progress – please check website. Also offers guidance on accommodations at school & work  
  - Subgroups: Spanish groups to come in the future (check the website)  
  - Technical difficulty: easy  
  - Size: small (100+ people) |
| **BATEMAN HORNE CENTER** | Twice monthly support zooms facilitated by professionals, second and third Tuesday of each month 12-1:00pm PT. For individuals with ME/CFS, Long COVID, fibromyalgia, dysautonomia and related chronic illnesses. As well as family members, friends, and care partners.  
  - Subgroups: none  
  - Technical difficulty: easy  
  - Size: small |

QR code instructions: to use the QR codes (the black and white squares) to get the link for a support group, open the camera on your phone and point it at the square you want to get the link for. It should automatically recognize the link, and allow you to click to take you right to the website. If it doesn't scan, you can download a free QR code scanner like Google Lens.