

Online Blood Clot Awareness & Recovery Support Groups



One of the things I wish I knew of when I was first discharged from the hospital was that there *is* support out there – and other people going through exactly what I was. Browse these Facebook awareness and support groups and take advantage of the resources they offer. I find the information in them - while not to be substituted for medical advice - is invaluable in finding common ground and a shoulder to lean on. Remember although it may feel like it more often than not, you are not alone.

Privacy is important, especially when discussing chronic medical conditions. Please be aware of the following Facebook Group Settings for any forum you choose to join (can be found on each page under Settings):

- **Page** - Pages are for businesses/organizations/brands/activists/awareness groups to share their stories and connect with people and are also completely public.
- **Open Group** - Anyone can see the group, who's in it and what members post.
- **Closed Group** - Anyone can see the group and who's in it, only members see posts.
- **Secret Group** - Only Members see the group, who's in it and what members post.

Blood Clot Recovery Network Closed (Private) Discussion Group

Join here: <https://www.facebook.com/groups/BloodClotRecoveryNetwork/>

About: This group is an extension of the BCRN blog and Facebook Page. Join us for more personal and private interactions. If you've got a question, we've got you covered.

National Blood Clot Alliance Online Support Community

Join here: <https://www.inspire.com/groups/national-blood-clot-alliance>

About: The National Blood Clot Alliance Stop the Clot® Support Community connects patients, families, friends and caregivers for support and inspiration. This community is sponsored by the National Blood Clot Alliance, an Inspire trusted partner. This group is powered by Inspire and is free to join.

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Surviving a Silent Killer (DVT and PE's)

Join here: <https://www.facebook.com/groups/614317415259723/>

About: SASK was created by Lisa Wells, who wanted to create a group to keep in touch with others on this devastating illness, learn and gain more knowledge about this silent killer that almost claimed her life. Share your stories, have meet-ups and spread awareness always!

Pulmonary Embolism Awareness Project (PEAP)

Join here: <https://www.facebook.com/groups/261316733371/>

About: This group is dedicated to raising awareness that pulmonary embolisms and was created by Linda Anglebrandt who tragically lost her son due to a blood clot.

Coumadin Club

Join here: <https://www.facebook.com/groups/2220204009/>

About: For all those who live with the wonderful world of blood thinners.

Deep Vein Thrombosis Awareness

Join here: <https://www.facebook.com/groups/6059716578/>

About: Deep vein thrombosis is a condition resulting from the formation of a blood clot thrombus inside a deep vein, commonly located in the calf or thigh. DVT occurs when the blood clot either partially or completely blocks the flow of blood in the vein. Join this group promoting awareness through a community of survivors.

Pulmonary Embolism Support and Awareness Group Australia

Join here: <https://www.facebook.com/groups/882150935158031/>

About: Created by Alana in Melbourne, Australia, a 26 year old pulmonary embolism survivor. Upon searching, Alana was stunned to find there were support groups lacking for Aussies, so she decided to make one. Post your thoughts, any questions and know you are not alone.

Cerebral Thrombosis survivors (brain blood clots)

Join here: <https://m.facebook.com/groups/830582230391758>

About: Created by a survivor who says, "I have shared my story in these groups and not found many survivors of blood clots in the brain. When I share my story and other survivors of CVTs see it, I can feel a sense of relief in their comments, that *finally* they can connect with someone that can feel their struggles, pain and share some of their story. As we all know, blood clots in the brain bring on a *much* different recovery than a PE or DVT in the arm or leg, so it's often hard to resonate with other survivors in other support groups. Our stories and struggles are on an entirely different level."

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Anitiphospholipid Syndrome (APS/lupus anticoagulant)

Join here: <https://www.facebook.com/groups/419138454850955/>

About: Dedicated to helping those who have been diagnosed with antiphospholipid antibody syndrome (APS/lupus anticoagulant), an autoimmune disorder in which the body recognizes certain normal components of blood and/or cell membranes as foreign substances and produces antibodies against them.

Running After A Pulmonary Embolism

Join here: <https://www.facebook.com/groups/81164797980/>

About: A group for runners who have been stricken by a pulmonary embolism, but have gotten back to running. (Maybe the group motto should be "Running: It's In Our Blood!")

Pulmonary Embolism Awareness

Join here: <https://www.facebook.com/groups/Pembolism/>

About: This is an open/public group to make people aware of the risks factors and symptoms of pulmonary embolism and blot clots. Additionally, this group is a support system for those who have a similar diagnosis.

The Clot Community: Blood Clot Survivor Support Group

Join here: <https://www.facebook.com/groups/306793759436411/>

About: A close-knit group of survivors working together to raise awareness about blood clots and provide support for survivors.

Factor V Leiden and PREGNANCY (FVL)

Join here: <https://www.facebook.com/groups/17242557567/>

About: One of the best support groups and message boards on the web. Factor V Leiden and Pregnancy, "You have to want it more than you are afraid of it (Bill Cosby). "

Lovenox Ladies++Clotting Disorders++TTC

Join here: <https://www.facebook.com/groups/LovenoxLadies/>

About: Hi and welcome to our fast growing group. This is a group for women who are tting or have conceived and have a history of clotting issues that need to be on lovenox or heparin. Also, if you are taking or have taken lovenox or heparin to sustain a pregnancy.