

# PHA Phone and Online **SUPPORT**



Connect  
**by Phone**

**PHA Support Line:** Call (800) 748-7274 to talk with someone from the PH community.

**Telephone Support Groups:** These groups meet monthly by phone. Which group is right for you?

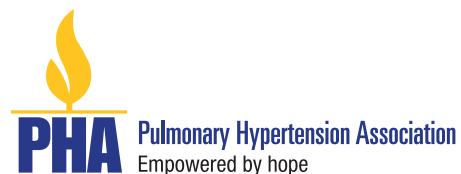
- Patients (fourth Thursday)
- Caregivers (third Wednesday)
- CTEPH patients/caregivers (third Tuesday)
- Bereaved community members (second Thursday)
- Parents of children with PH (second Wednesday)
- Young adults with PH (fourth Tuesday)

You must register for every call so the support group leader knows how many attendees to expect. Learn more at [PHAssociation.org/VirtualSupport](https://www.pulmonaryhypertension.org/VirtualSupport).

**Virtual Meetings:** Many PHA Support Groups organize virtual meetings. Contact your support group leader to find out whether your group has scheduled a virtual meeting.

Get more information at [PHAssociation.org/LocalSupportGroups](https://www.pulmonaryhypertension.org/LocalSupportGroups).

Contact PHA at [Support@PHAssociation.org](mailto:Support@PHAssociation.org) or call (240) 485-0777 if you have questions, comments or concerns.



# PHA Phone and Online **SUPPORT**



Connect  
**Online**

**PHA Facebook Groups:** Social media can be a powerful tool for connection, but it can be challenging to know where to go or who to trust. PHA staff administer the groups, which are moderated by volunteers. You can find links to the groups by visiting [PHAssociation.org/VirtualSupport](https://www.phassociation.org/VirtualSupport).

- PHA Long-Term Thrivers
- PHA Generation Hope: Young Adults
- PHA PH Plus: Associated Conditions
- PHA CTEPH (chronic thromboembolic PH)
- PHA Teens
- PHA Parents of Kids with PH
- PHA Caregivers
- PHA Newly Diagnosed

**PHA Email Mentors:** Contact an experienced, trusted fellow patient or caregiver by email to get information, swap stories or connect. Learn more at [PHAssociation.org/VirtualSupport](https://www.phassociation.org/VirtualSupport).

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