



WESTERN NEUROPATHY ASSOCIATION

P.O. Box 4740, Auburn, CA 95604 • (888) 556-3356 • info@pnhelp.org • www.pnhelp.org

Connect with Virtual Neuropathy Support Group Communities

Sharing in a safe place provides validation of symptoms and contributes to emotional health. Peer support reduces isolation and fosters hope through sharing experiences and life challenges. Virtual support groups specializing in neuropathy, chronic pain and mental health are listed below. Our caregivers also have a group where they can find a community for sharing.

Western Neuropathy Association (WNA)

Virtual Support Groups for General and Specialized Neuropathy (eight each month)

Register for weekly email support group details and one-hour notifications at the bottom of the page.

American Chronic Pain Association (ACPA)

Groups welcome anyone who is living with an ongoing pain problem. You must be an ACPA member to join a support group.

Pain Connection, A U.S. Pain Foundation Program

Pain connection provides compassionate support and education to help people with pain reclaim their quality of life. They offer weekly groups and a Daily Check-In Group. All group sessions require registration.

National Alliance on Mental Illness (NAMI)

Support groups (NAMI Connection) offer participants a safe place to share experiences and learn from others. Many groups are virtual and open to everyone across the country.

Mayo Clinic

'Caring for the Caregiver Support Group' meets weekly on Thursdays from 12-1pm Arizona time. Contact Katie Lespron MSW, LCSW at lespron.katherine@mayo.edu to register and receive the Zoom link.

Facebook groups

There are numerous Facebook groups for peripheral neuropathy and chronic pain. Most are private, requiring you to answer a few questions for group membership.



Individual Crisis Care

For those seeking crisis assistance due to the anxiety and depression that develop from the uncertainty of a peripheral neuropathy diagnosis, call or text 988 for 24/7 response from a trained crisis counselor. Help is always available.