



PEER TO PEER SUPPORT

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Navigating the world of FND can be frustrating, confusing, and isolating. FND Hope has teamed up with local FND healthcare providers to establish in-person support groups in some areas. We also have the largest online FND peer support community.

HealthUnlocked and Facebook chat groups are a great way to meet others and discuss FND. Some groups are 'open,' meaning posts will show up on your wall for everyone to see. Other groups are 'closed,' meaning nothing will post to your wall, although the group name may appear on your Facebook profile.

We encourage you to see if in-person or online support is right for you!

At FND Hope we give our members a voice. We lend them our ear. We give everyone a place to call their own and a place to feel secure. We give people the courage to keep going and the strength to endure each day.

Most of all, though...

We give people hope!



FACEBOOK

FACEBOOK – FND HOPE SPONSORED PAGES

Open Facebook Pages

Like our page! Stay up to date with research, advocacy, awareness and more. You can also share information about FND with your Facebook friends.

[FND Hope International/USA – public](#)

[FND Hope UK – public](#)

[FND Hope Australia – public](#)

[The Netherlands – public](#)

CLOSED FACEBOOK GROUPS

The following are closed (private) groups, so only members will see your posts. You will be asked three questions to verify that the group is appropriate for you. You must answer these questions to be accepted into the closed group.

[International](#)

Closed Group

[UK](#)

Closed Group

[US/CA](#)

Closed Group

We have Online Peer Groups in London, England, Scotland, Wales, Ireland/Northern Ireland. Carers and Parents for 1 hour each month. Come and join us!

[Check out our Events Calendar](#)

FND Hope UK Registered Charity in England & Wales 1173607 and Scotland SC048333



Join us once a month in a safe, online group setting to share ideas and engage with others diagnosed with FND. Families, friends and care partners are welcome.

Open to US and Canada.

Check out our [Events Calendar](#) on www.fndhope.org/usa for dates, times and registration!

[Mens](#)
Closed Group

[Netherlands](#)
Closed Group

[Ireland](#)
Closed Group

Support can mean many different things to many different people. The support you need as you struggle to regain your health is likely different from the support you need to maintain and balance your health. Talking with others is often a very healing type of support. This can come in the form of a friend (in-person and online), family member, or mental health professional.

[HealthUnlocked](#)

HEALTHUNLOCKED

For those who don't have Facebook, try our HealthUnlocked forum.

[HealthUnlocked](#) is a place where people can ask and answer questions based on experience.

i *Online Facebook and HealthUnlocked chat groups are a great way to meet others with FND. There are no medical professionals on these pages and is strictly peer to peer support. Any advice or recommendations are not meant to replace the advice of your physician and not to be used as medical advice.

PLEASE DISCUSS ALL MEDICATION AND SYMPTOM CHANGES WITH YOUR HEALTHCARE PROVIDER.



V/BLOG

We want to give a **shout out** to all the bloggers who share their experience of living with FND. V/Bloggers are an important part of FND advocacy and we encourage others to take the time to check out these v/blogs.

Please Note: FND Hope does not monitor these blogs and is not responsible for its content or information provided. We urge all patients to seek the advice of their healthcare provider before trying any new "FND Tips" or changes suggested in the blogs listed below.

[Courageous Us](#)

[FND Portal](#)

[FND Recovery](#)

[Managing Chronic](#)

[Jen Lucania](#)

[Thriving While Disabled](#)

WANT TO BE ADDED TO OUR BLOG LIST?

Email to office@fndhope.org the following and we will consider adding your blog to our list.

- Your name
- Country
- Name of your blog/vlog and the following links on your blog:
 - Link to Home page
 - Link to page highlighting April World FND Month
 - Link to page listing FNDHOPE.ORG webpage as a resource

You may also want to add links to your social media profiles (Please make sure you have liked, followed, friended us!)

Please make sure you are using our 3 FND awareness hashtags **#FNDaware #FND2020 #LetsTalkFND**

[Visit FNDHope.org](#) by
hope869

SOCIAL MEDIA

Let's be social!

[FND Hope International/USA -public](#)
[FND Hope UK -public](#)
[FND Hope Australia -public](#)
[The Netherlands -public](#)

[FND Hope International](#)
[FND Hope UK](#)