

PATIENT SUPPORT

TALK TO OTHERS, SHARE COPING SKILLS AND HOPE

Tick-borne diseases can affect patients psychologically. The pathogens themselves may injure the brain, interfering with thinking and emotions. And the stresses of dealing with pain, lack of sleep, other symptoms, finding care, relationship problems and money woes can make coping difficult. Sometimes, it helps to speak to other patients who understand what you are going through and may have found ways to cope.

If you have questions or needs that can best be answered by other patients, try these:

Support Groups in Massachusetts

Cape Wide Lyme Disease Support Groups -- Buzzards Bay, Orleans, and Brewster,
Lfree125@comcast.net

Greater Boston Metro West Lyme Support Group – Concord,
fcheslek2@hotmail.com

Lyme Alliance of the Berkshires (LAB) -- Berkshire County,
thelymelife@yahoo.com

Lyme Disease Resource Center – Northampton, <http://www.lymedrc.org/support-groups.html>

Sturbridge Lyme Awareness of Massachusetts (S.L.A.M.) – Sturbridge,
<http://www.s-l-a-m.org/>

Support Groups Online

Lymenet – a message board run by patients for patients,
<http://flash.lymenet.org/ubb/ultimatebb.php>

MassachusettsLyme – a Yahoo! Group for patients, run by Lymedisease.org,
<https://groups.yahoo.com/neo/groups/MassachusettsLyme/info>