

Virtual Support for People Living with Pulmonary Hypertension

The Pulmonary Hypertension Association (PHA) provides virtual support for any person affected by pulmonary hypertension (PH). PHA virtual support programs are led by trained patient and caregiver volunteers (“PHA PHriends”) who are available to offer hope and support throughout your PH journey.

Under the supervision of PHA, PHriends work with patients and caregivers to provide emotional support and find ways to lighten current life challenges.

Visit the website for more information on PHriends:

<https://phassociation.org/community/pha-phriends/>

Disclaimer: PHA PHriends are available to provide hope and support to PH patients and caregivers. They do not provide medical advice. Please speak with your doctor for personalized medical advice.

What virtual resources are available?

Phone Support

- **Support Line**

Support Line volunteers answer your PH questions, provide sympathy or help guide you in solving problems or issues related to living with PH. Call PHA’s Support Line (800) 748-7274 to speak directly with a PHA PHriend.

- **Patient Telephone Support Group**

Join this monthly support call to connect with other patients to discuss struggles and triumphs, and to receive support and advice from long-term survivors. There is a PH volunteer present to lead introductions and conversation. Join the conversation or simply listen.

- **Caregiver Telephone Support Group**

Join this monthly support call to connect, learn, and share strategies and experiences with PH caregivers and parents across the country. There is a PH caregiver present to lead introductions and present a discussion topic.

- **Parent Telephone Support Group**

Call in toll-free to connect, learn, and share strategies and experiences caring for your child with PH.

- **Young Adult Telephone Support Group**

A monthly meet-up for young adults with pulmonary hypertension to connect with other young adult patients via phone or video conferencing. The meet-up is moderated by two young adult facilitators.

- **CTEPH Telephone Support Group**

Join this monthly telephone support group to connect with other CTEPH (chronic thromboembolic PH) patients. Discuss struggles and triumphs and receive support and advice from others experiencing the same challenges.

- **Bereavement Telephone Support Group**

Call in toll-free to meet others who have lost a loved one to PH. Connect, learn, and share strategies and experiences dealing with grief and bereavement.

Please Note: You must register online for all telephone support groups. Once you register for a telephone support group call, you will receive instructions on how to access the call. Visit the website to register for a call:

<https://phassociation.org/community/virtualsupport/>

Online Support

Facebook Groups

PHA hosts Facebook groups for the following communities:

- PHA Long-Term Thrivers with Pulmonary Hypertension
- PHA Generation Hope: Young Adults with Pulmonary Hypertension
- PHA PH Plus: Pulmonary Hypertension and Associated Conditions
- PHA CTEPH: Chronic Thromboembolic Pulmonary Hypertension
- PHA Teens
- PHA Parents of Kids with Pulmonary Hypertension
- PHA Caregivers
- PHA Newly Diagnosed with PH

Email Mentors

Email mentors can share what they've learned about PH, recommend information and resources, and work with you to develop strategies for coping with pulmonary hypertension.

How do I contact the Pulmonary Hypertension Association?

If you have any questions or concerns, please contact PHA at support@PHAssociation.org or call (301) 565-3004, extension 777.

How do I become a volunteer with PHA?

If you are interested in supporting new patients and caregivers in the PH community, apply to be a PHA PHriend volunteer using the link below:

<https://phassociation.org/get-involved/volunteer/>

How do I become a member of PHA?

To become a member of PHA use the link below to join:

<https://phassociation.org/join/>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Bethany Lee-Lehner, RN, MSN
Reviewers: Suzie Mc Devitt, NP
Edited by: Karelyn Munro BA
CVC Control #1362

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 04/2021