



L I F E R E B A L A N C E D

SUPPORT GROUPS

Do you experience dizziness, imbalance, vertigo, or ringing in your ears? You may benefit from a vestibular support group.

Support groups offer vestibular patients a safe and nurturing environment where they can connect with others struggling with similar inner ear balance problems, and have the opportunity to share information and personal stories. This forum allows patients to ask questions, discuss, and learn together about vestibular disorders in a non-judgmental and supportive atmosphere. Most importantly, support groups give vestibular patients the chance to find acceptance and discover ways to cope and manage what is too-often a misunderstood and devastating “invisible” illness.

An online support group meets in real time via video conference. Many patients cannot leave their home or do not have a local support group available. An online support group allows them to have a dynamic discussion with other patients to ask questions, share coping strategies, and receive support.

To find a support group near you or to participate in an online support group, visit https://vestibular.org/support_groups.

Contact: Cassey Parrish, Patient Support Coordinator at (800) 837-8428, info@vestibular.org.