



# Tuesday's Tip

information provided by Adriance Memorial Library to make your life a little bit easier . . . .

## Online Support Groups at DailyStrength.org

March 13, 2018

Check out the various online support groups at [DailyStrength.org](http://DailyStrength.org) and use the internet to help heal!

**POPULAR SUPPORT GROUPS**

| Group Name                                   | Category          | Members        | Online   |
|--|-------------------|----------------|----------|
| <b>Post-Traumatic Stress Disorder (PTSD)</b> | Anxiety Disorders | 5,430 Members  | 2 Online |
| <b>Depression</b>                            | Mental Health     | 15,460 Members | 2 Online |
| <b>Widows &amp; Widowers</b>                 | Death & Dying     | 2,825 Members  | 0 Online |

**Post-Traumatic Stress Disorder (PTSD)**  
Category: Anxiety Disorders  
5,430 Members ● 2 Online  
Find support with others who have gone through a traumatic experience. Whether you have chronic or acute PTSD, we are here for you.

**Depression**  
Category: Mental Health  
15,460 Members ● 2 Online  
Depression is a real and debilitating condition that is often misunderstood by family and friends. Its meaning can range from a prolonged period of... [READ MORE](#)

**Widows & Widowers**  
Category: Death & Dying  
2,825 Members ● 0 Online

**REGISTER NOW**

You're not alone.

You can search various groups by keyword or category...

All Support Groups

< Home

Trending

Most Popular

Recommended

Support Groups by Category



Addiction & Recovery

14 Groups



Allergies & Immunity

6 Groups



Anxiety Disorders

10 Groups



Brain & Nervous System

30 Groups



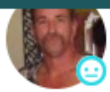
Cancers

27 Groups



Children's Health & Parenting

13 Groups

**Sunday Night,**Posted by: [Seamus](#) Last Reply: [Seamus](#) 01/28/2018

Here's what a group looks like...

So, finally tomorrow night I'll go to the Doctors and pick up a CPAP machine for a home study. I'll have it 3 days. ... [READ MORE](#)

**Choosing the right mask**Posted by: [RedRobin](#) Last Reply: [carriesgonnalose](#) 01/21/2018

3 1

Hi, I have been diagnosed with OSA. I am not a mouth breather, but after about 5 or 6 hours of sleep, I wake up a bit... [READ MORE](#)

**Headaches**Posted by: [nicolebeckerg2](#) Last Reply: [nicolebeckerg2](#) 01/16/2018

3 0

I need some advice..took a nap and didn't know my mask fell off so I slept about three hours without it and now I... [READ MORE](#)

**Sleep Apnea Question**Posted by: [Jannelm](#) Last Reply: [RedRobin](#) 01/16/2018

1 0

Hi. I am not sure how this works but here it goes. I am using a CPap machine for OSA. Is it possible for me to... [READ MORE](#)

**HAPPY NEW YEAR!!**Posted by: [Seamus](#) Posted: 12/31/2017

0 0

Everyone be careful on the roads I hope this year will be better than last years. for everyone!

# Join DailyStrength

## Personal Details (Kept Private)

## Public Info (viewable to the world)

(\*Tip: Choose a unique and anonymous username)

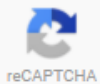
Gender:

Birthdate:

Profile Visibility:

I accept the Sharecare [Privacy Policy](#) and [Terms](#).

I'm not a robot



Already a Member?

LOGIN

Joining is a very easy process!