

# Heart Transplant Support Group

**Topic:** Introduction to Support Groups  
What are they and why do they work?

September 24, 2026

# Today's Agenda

- Zoom Tips and Support Group Ground Rules
- Introductions and Ice Breaker
- Topic: Support Groups
  - Definition
  - Benefits
- Discussion
- Additional Information and Resources
- Plan for Next Meeting

# Zoom Tips

- Join these groups from a private and quiet setting.
- Sit at a comfortable chair by a desk or table.
- Make sure you plug your phone or laptop in!
- Silence your phone, and turn off your email and other notifications to reduce disruptions.
- Mute your microphone when you are not talking.
- PLEASE leave your video camera on so that we can be together, as if in person.

# Support Group Ground Rules

- This is a judgement-free zone!
- Respect one another.
  - Try not to interrupt each other.
  - Ask before giving advice.
  - Use “I” statements.
- Try to avoid talking about controversial topics.

# **Introductions and Ice Breaker!**

# What is a Support Group?

- Support groups are built on **mutual disclosure** (or sharing), **aid** (or support), and a sense of **belonging**
- They facilitate a space to **learn skills** and **share experiences** to create a sense of community
- We hope this support group will be a safe and supportive space to help with **coping and adjustment as a heart transplant recipient**

# Benefits of Support Groups

## Increased Support

- Meet people with similar experiences
- Share stories
- Increase awareness about unanticipated challenges

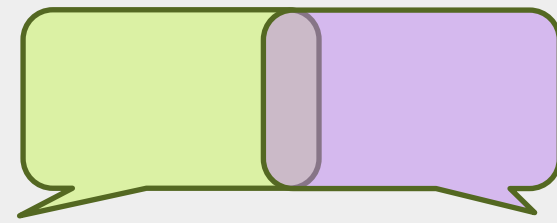
## Learning New Skills

- Gather meaningful information
- Increase the possibilities of solutions and options available to you

## Improved Well-Being

- Increased confidence
- Increased personal agency
- Increased ability to advocate (or speak up for) for oneself
- Better psychological and physical health

# Discussion



- What are you hoping to gain from this support group?
- What does “support” look like to you?
- Who has given you support during your heart transplant recovery?
- How do you ask for support?
- Sometimes support doesn’t always feel good. Has this happened to you? What did you do
- What are some new skills you are hoping to learn?

# Additional Information and Resources

- Centers for Disease Control and Prevention (CDC) Mental Health Resources: <https://www.cdc.gov/mental-health/caring/index.html>
- Find a Therapist, Counselor, or Psychologist:
  - <https://www.psychologytoday.com/us/therapists>
  - [https://locator.apa.org/?\\_ga=1.122738379.1939913089.1455299072](https://locator.apa.org/?_ga=1.122738379.1939913089.1455299072)
- Find a Psychiatrist:
  - <https://finder.psychiatry.org/s/>
- Find More Community in Cardiovascular (or Heart Health) Care: <https://mendedhearts.org/>
- Find More Community in Transplant Care: <https://www.isHLT.org/about/patient-resources>

In the case of an immediate crisis--

**NO JUDGMENT.  
JUST HELP.**

**TEXT, CALL, CHAT**

**988**

**Thanks!**  
**See you next month!**

**Topic:** Coping with Difficult Emotions (Health-Related Anxiety)  
On Thursday, Oct 29th from 7-8PM

For more information: <https://guptalouislab.com/services-6>  
Email: [sugandha.guptalouis@yu.edu](mailto:sugandha.guptalouis@yu.edu) and [aahmad@montefiore.org](mailto:aahmad@montefiore.org)