



## Online and National Peer Support

Support groups can be a great way to talk with others who share common experiences. Connecting with others who are living with kidney disease can be helpful. Benefits may include: improving coping skills, staying motivated to follow care plans, and feeling safe and comfortable. Sometimes meeting in person can be difficult. Online groups can provide support when meeting in person is not possible.

### National Peer Phone Support/Help Lines

#### National Kidney Foundation (NKF) Patient Help Line

(855) NKF-CARES

NKFcares@kidney.org (855-653-2273)

[www.kidney.org](http://www.kidney.org)

#### National Kidney Foundation (NKF) Peers Lending Support

(855) NKF-PEER

[www.kidney.org/patients/peers](http://www.kidney.org/patients/peers)

(855-653-7337)

#### Renal Support Network

(800) 579-1970

Phone support for kidney patients by kidney patients

[www.rsnhope.org](http://www.rsnhope.org)



## Online/Phone Peer Support Group Meetings

### Dialysis Patient Citizen (DPC) Support Group by Telephone

**Meets:** 2nd Tuesday of the month

**Time:** 2-3 pm CT

**Call In:** (866) 808-5953 | **Meeting Code:** 253 841 3353

RSVP for Reminder: [www.dpcedcenter.org/news-events/dpc-support-group](http://www.dpcedcenter.org/news-events/dpc-support-group)

### Home Dialysis Support Group\*

**Meets:** 2nd Monday of the month

**Time:** 5:30 pm

**Join:** [zoom.us/join](https://zoom.us/join) | **Meeting Code:** 9257706493

**Call in Option:** (312) 626-6799

**For More Information:** Contact Dawn Bates at [dawnkass66@msn.com](mailto:dawnkass66@msn.com)

\*open to both home and in-center dialysis patients and their care partners

### Kidney Warriors: Men's Support – Facebook Group

**Meets:** Every other Thursday

**Time:** 4 pm CT

**Join:** Facebook group at [www.facebook.com/groups/kidney.warriors.mens.support](https://www.facebook.com/groups/kidney.warriors.mens.support) for more information.

### RSN Monthly Online Support

#### Support Groups

**Meets:** 2nd Tuesday of the month

**Time:** 4-6:30 pm CT

**Meets:** 4th Sunday of the month

**Time:** 4:30-6 pm CT

#### Exercise

**Meets:** Monday and Wednesday

**Time:** 2-3pm CT

#### Just for Fun-Get Creative

**Meets:** 3rd Friday of the month

**Time:** 2-3 pm CT

Sign up at: [www.rsnhope.org/support-group-and-patient-education-meetings/rsn-monthly-support-group-meeting](http://www.rsnhope.org/support-group-and-patient-education-meetings/rsn-monthly-support-group-meeting)

### Solace Alliance for Caregivers: Monthly Zoom Meet & Greet

**Meets:** Every other Wednesday

**Time:** 7 pm CT

**Join:** [zoom.us/join](https://zoom.us/join) | **Meeting Code:** 88517658254

**Meets:** Monthly on Saturdays

**Time:** 10 am CT

**Join:** [zoom.us/join](https://zoom.us/join) | **Meeting Code:** 85733778965

**For More Information:** Visit [www.solacealliance.org](http://www.solacealliance.org)

## Facebook Groups

Chronic Kidney Disease Support Group  
[www.facebook.com/groups/CKDSupport](http://www.facebook.com/groups/CKDSupport)

Dialysis Uncensored  
[www.facebook.com/groups/DialysisUncensored](http://www.facebook.com/groups/DialysisUncensored)

Home Dialysis Central  
[www.facebook.com/groups/HomeDialysisCentral](http://www.facebook.com/groups/HomeDialysisCentral)

I Hate Dialysis  
[www.facebook.com/groups/IHateDialysis](http://www.facebook.com/groups/IHateDialysis)

Kidney Disease, Dialysis, and Transplant  
[www.facebook.com/groups/2229039880](http://www.facebook.com/groups/2229039880)

Kidney Disease and Diet Ideas and Help  
[www.facebook.com/groups/kidneyhelp](http://www.facebook.com/groups/kidneyhelp)

Kidney Warriors: Men's Support  
[www.facebook.com/groups/kidney.warriors.mens.support](http://www.facebook.com/groups/kidney.warriors.mens.support)

Peer-to-Peer Support for the Chronically Ill & Family and Friends  
[www.facebook.com/groups/Peer2Peer](http://www.facebook.com/groups/Peer2Peer)

Peritoneal Dialysis Support Group  
[www.facebook.com/groups/peritonealdialysissupportgroup](http://www.facebook.com/groups/peritonealdialysissupportgroup)

S.T.R.I.V.E. Kidney: Support Dialysis Transplant, Patients, Family, Friends  
[www.facebook.com/groups/1922819084599979](http://www.facebook.com/groups/1922819084599979)

Woman's Renal Failure Support Group  
[www.facebook.com/groups/womansrenalfailuresupport](http://www.facebook.com/groups/womansrenalfailuresupport)

Note: The groups listed were recommended by Network Patient Advisory Council members. Qsource is not responsible for the content of any of the Facebook groups listed. You must be signed into Facebook or create an account to connect with groups.

For more information or to file a grievance, please contact:

ESRD Network 10 (IL)  
911 E. 86th St., Suite 202 | Indianapolis, IN 46240  
Toll Free Patient Line (800) 456-6919  
[ESRDNetwork10@qsource.org](mailto:ESRDNetwork10@qsource.org)

ESRD Network 12 (IA, KS, MO, NE)  
920 Main, Suite 801 | Kansas City, MO 64105  
Toll Free Patient Line (800) 444-9965  
[ESRDNetwork12@qsource.org](mailto:ESRDNetwork12@qsource.org)



[ESRDNetwork10.org](http://ESRDNetwork10.org) | [ESRDNetwork12.org](http://ESRDNetwork12.org)

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