The Mended Hearts, Inc.

SUPPORT MAKES A DIFFERENCE

Benefits of a Support Network

- Less stress and anxiety
- Feeling better physically and emotionally
- Fewer hospitalizations and visits to the emergency room
- Support making healthy lifestyle changes
- Better access to information and resources
- More confidence in managing healthcare

Get Support Now

You can get support from a trained volunteer who is a patient like you by calling our toll-free hotline M-F 10AM-6PM Eastern, Sat. 12PM-3PM.

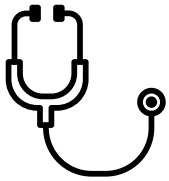
Heartline
1-844-HEART87

How We Support

SUPPORT GROUPS

PEER CONNECTIONS

ACCREDITED VISITING



HOSPITAL PROGRAMS

Types of Support

EMOTIONAL

Many emotions come with a heart disease diagnosis. Getting peer support can help you understand and manage emotions like anger, fear, and sadness. Improving emotional well-being can improve heart health too.

SOCIAL

Peer support and support groups can help you feel connected to others and give you a sense of security and belonging. These are important parts of improving overall health, healing from a heart event and/or living with heart disease.

INFORMATIONAL

Information and education about your heart or your loved one's heart, heart disease, and living with heart disease can help you feel more confident when making decisions and can help you find helpful resources too.

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