

## For those diagnosed with COVID-19:

- [Body Politics COVID-19 Support Group](#) is a Slack-based virtual group designed to connect a global community of people who have tested positive, are experiencing symptoms, or are recovering from COVID-19. There are also channels for family members and friends of people affected by COVID-19.
- [COVID-19 Support & Recovery](#) is a 40.1K member Facebook group for those who have tested positive for COVID-19 to share and support each other.
- [Survivor Corps](#) is a Facebook support group created to educate and mobilize COVID-19 survivors and connect them with the medical, scientific, and academic research community to stem the tide of this pandemic and assist in national recovery.

## For healthcare workers affected by COVID-19:

- [Compassionate Listening Circles](#) was created to minimize burnout that nurses and other healthcare providers are suffering from during the COVID-19 pandemic. They meet via Zoom every Wednesday at 8PM ET.
- [Healing Circle for Healthcare Professionals](#) meets in small Zoom meetings (with a 10-participant limit) to come together and share their struggles and concerns about COVID-19. There are various meeting times and dates.
- [Peer Rx](#) is a free, peer-to-peer program for health care professionals designed to provide support, connection, encouragement, resources, and skill- building to fight burnout and achieve optimal well-being. It pairs clinicians through a “buddy system” and provide a platform to facilitate encouragement, accountability, and mutual support/growth.

## More virtual resources:

- This is a great list of virtual groups and resources to support mental health during COVID-19: <https://blog.zencare.co/virtual-groups-support-connection-mental-health-coronavirus/>

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