

Long Covid Resources

Virtual Long Covid Support Groups:

Body Politic Slack Group: <https://www.wearebodypolitic.com/covid-19>

Face Book Covid 19 Long Hauler Advocacy Project:
<https://www.facebook.com/groups/c19lap>

Facebook Long Covid Fighters (Prior to April 2020):
<https://www.facebook.com/groups/517530815866036/?ref=share>

Facebook Long Covid Fighters Round Two (After April 2020):
<https://www.facebook.com/groups/650553172199572/>

Facebook Long Covid Support Group: <https://www.facebook.com/groups/longcovid/>

Facebook Young Covid Survivors (Under 35):
<https://www.facebook.com/groups/1324088031126789/?ref=share>

Facebook Long Haul Covid Fighters Medical and Scientific Collaboration:
<https://www.facebook.com/groups/301843804468622/>

Face Book Black Covid Survivors: <https://www.facebook.com/groups/644026989529142>

FaceBook ME Action Oregon: <https://www.facebook.com/groups/1583366738400077>

Facebook MEAction Spanish speaking group:
<https://www.facebook.com/groups/185802262065563/>

Dysautonomia International has Subgroups including **Bilingual** and for **LGBTQ** and **spouses**
<https://www.dysautonomiainternational.org/page.php?ID=24>

Bateman Horne Center: <https://batemanhornecenter.org/outreach/support-connect/>

Long Covid Families: <https://longcovidfamilies.org/>

The Pulmonary Wellness Foundation <https://pulmonarywellness.org/>

Long Covid Patient Resources:

Covid 19 Long Hauler Advocacy Project's Comprehensive guide for patients:

<https://docs.google.com/document/d/1VfENjAiOBKryT-dIOFyU8CyEAAKVR5xk9WyyvIZF-u4M/edit>

Dysautonomia International Video Library: <https://vimeo.com/dysautonomia>

ME Action: <https://www.meaction.net/stoprestpace/>

Dialogues for Neglected Illness UK: <https://www.dialogues-mecfs.co.uk/films/pacing/>

Dysautonomia International: <http://www.dysautonomiainternational.org/>

Pacing and Management Guide for ME/CFS: <https://www.dialogues-mecfs.co.uk/films/pacing/>

The Rest Room Podcast: <http://natashalipman.com/podcast-home/>

Journal Article: Humility and Acceptance : Working Within Our Limits with Long COVID and ME/CFS : <https://www.iospt.org/doi/10.2519/iospt.2021.0106>

An Analysis of the Prolonged COVID-19 Symptoms Survey by Patient-Led Research Team: <https://patientresearchcovid19.com/research/report-1/>

Ehlers-Danlos Society: <https://www.ehlers-danlos.com/>

Gez Metinger's You-tube Channel: <https://www.youtube.com/c/RUNDMC1>

The Long Covid Sessions Podcast: <https://www.tlcsessions.net/>

How to Live with Chronic Illness Blog: <https://psyche.co/guides/how-to-live-and-thrive-with-a-chronic-illness>

BIPOC Trauma Informed Communal Healing Justice: <https://www.radicalrest.org/>

Covid Persistente (Spanish): <https://covid19persistente.wordpress.com/>

Books & Authors on chronic illness that are Patient Resources:

Sarah Ramey books: <https://www.sarahmarieramey.com/>

"The Invisible Kingdom" by Meghan O'Rourke: <https://meghanorourke.com/>

Toni Bernhard books: <http://www.tonibernhard.com/>

Long Covid Nervous System Calming Patient Resources:

Sleepy Santosha: “Spoonie” Yoga Channel <https://www.youtube.com/c/SleepySantosha>

Yoga Nidra Youtube Channel: <https://www.youtube.com/c/SarovaraYoga>

Bilingual Yoga Nidra: <https://www.youtube.com/watch?v=V-WGsGIPZ0c>

Love Your Brain Yoga Meditation Resources: <https://www.loveyourbrain.com/meditation-library>

Long Covid Breathing resources:

Stasis: <https://www.stasis.life/>

Breath Your Truth: <https://breatheyourtruth.com/stalled-long-covid-recovery/>

Stop Fainting/Breath Yourself Better: <https://stopfainting.com/breathe-yourself-better/>

Johns Hopkins Bouncing Back from Covid 19:

https://www.hopkinsmedicine.org/physical_medicine_rehabilitation/coronavirus-rehabilitation_files/impact-of-covid-patient-recovery.pdf

Johns Hopkins Coronavirus Recovery Breathing Exercises:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-recovery-breathing-exercises>

ENO Breathing Program: <https://www.eno.org/breathe/about-the-eno-breathe-programme/>

Disability Resources for Patients:

The Sleepy Girls Guide to Social Security: <https://www.meaction.net/2017/04/17/the-sleepy-girl-guide-to-social-security-disability-u-s/>

Long Covid and the Americans with Disabilities Act:

https://askjan.org/blogs/jan/2021/03/Long-COVID-and-the-Americans-with-Disabilities-Act.cfm?csSearch=3837217_1

Office of Disability Employment Policy -Coronavirus Resources:

<https://www.dol.gov/agencies/odep/topics/coronavirus-covid-19-long-covid>

Short and Long Term Disability Resources (Kantor and Kantor): <https://www.kantorlaw.net/>

This list of Long COVID resources was compiled by Christa Hines, a Licensed Clinical Social Worker (LCSW) and Psychotherapist in Private Practice who is also a person with Long COVID. She has held a contract with OHSU as faculty on their ECHO program. Email: chinescounseling@gmail.com