



The Ménière's Years

Part 17

Community Support for Ménière's Disease

By

Mark McGee

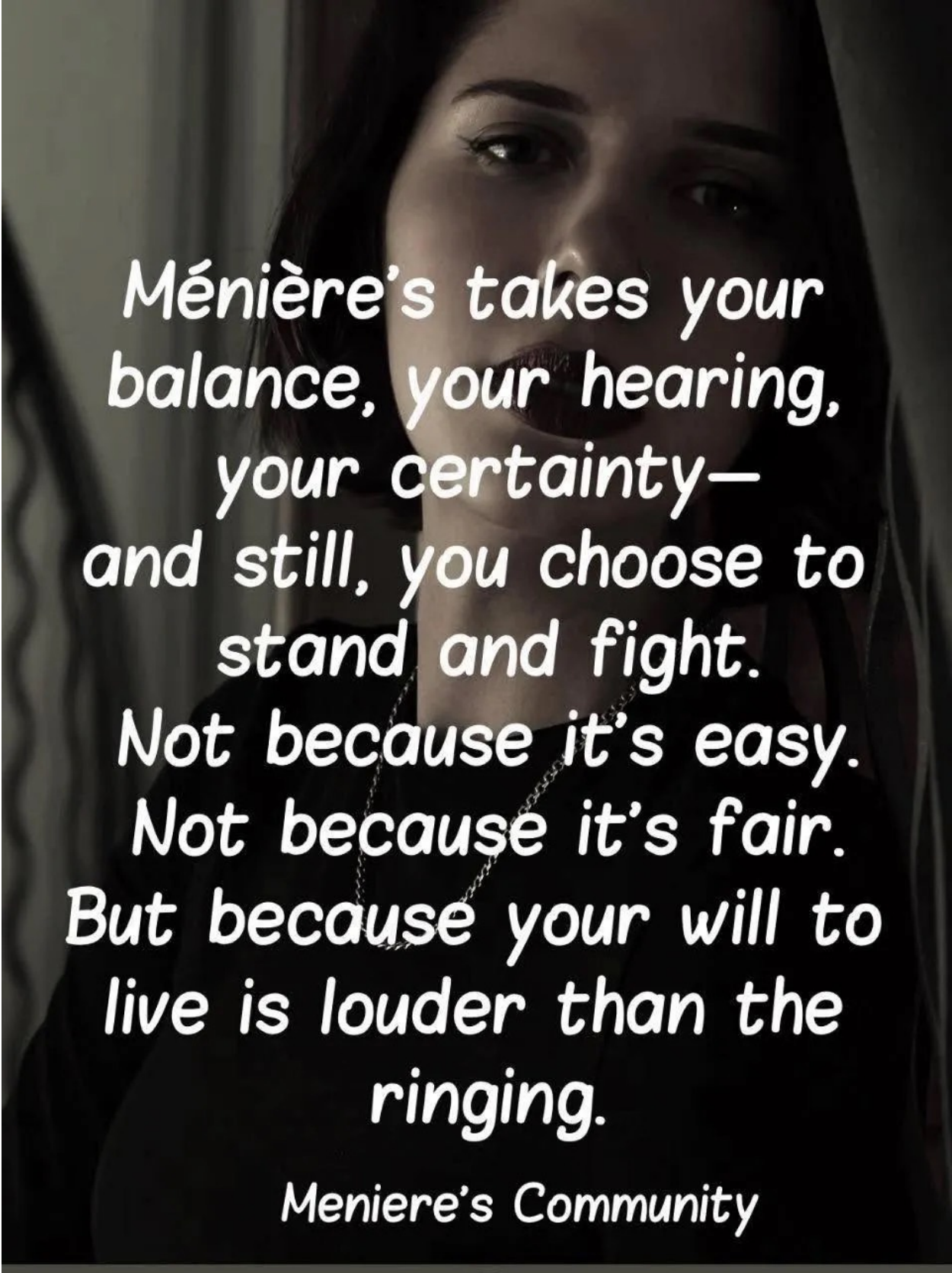
Ménière's Forums

If you were recently diagnosed with Ménière's Disease, I recommend you find some good Ménière's forums and resource pages for help. You'll meet some wonderful people on those forums who understand what you're going through and are ready to offer advice and encouragement. You may want to begin by reading through several of the forum groups and find ones that appeal to you. You can often ask questions or comment about what others ask or share in the forums. We all need help and can offer help to others. That's why we're a 'Community.'



Here are several publicly available groups and pages to get you started. There are also many private Ménière's forums that you can consider. Some of the private groups may ask questions about your Ménière's diagnosis and experience before allowing you to join. However, I've never run into a problem joining a private group, so give that a try as well.

- [Ménière's Community](#) (Facebook - Public group)
- [Ménière's Disease Support Group](#) (Facebook - Public group)
- [The Meniere's Disease Struggle](#) (Facebook - Public group)
- [Ménière's Disease Awareness](#) (Facebook - Community group)
- [Meniere's Experience Support Group](#) (Facebook - Community group)
- [Menieres Disease Christian Warriors!](#) (Facebook - Private group)
- [Meniere's Disease Support And Advise Group](#) (Facebook - Private group)
- [Meniere's Disease Awareness And Support Group](#) (Facebook - Private group)
- [Meniere's Disease](#) (Facebook - Private group)
- [Meniere's Talk](#) (Login required)
- [Meniere's Talk Your Living Room](#) (Login required)
- [Vesties' Village](#) (VEDA - Login required)
- [Physical Evaluation Board Forum](#) (Login required)
- [reddit Meniere's support group](#) (Login required)
- [Tinnitus Talk Meniere's Disease](#) (Login required)



Ménière's takes your
balance, your hearing,
your certainty—
and still, you choose to
stand and fight.
Not because it's easy.
Not because it's fair.
But because your will to
live is louder than the
ringing.

Meniere's Community

You will also find some good Ménière's resources on Substack that are designed to help. I'll recommend these three for now, but keep checking Substack for new channels that may open up in the future. I'll let you know when I find others.

Managing Ménière's

Meniere's Without The Spin

Brian Werner, Physical Therapist - Dizziness Expert

[I would like to thank the Ménière's Community on Facebook for allowing me to use some of their 'memes' in my articles. I think you will find the comments from Community members helpful as you begin your journey with Ménière's.]

Next Time

I'll share a personal story of the 'Ménière's journey' in the next *Ménière's Years* newsletter.