

COMMUNITY RESOURCE CONNECTIONS

CHF

American Heart Association Tools and Resources

- **Support Network online community**
 - Website: <https://supportnetwork.heart.org/>
- **My HF Guide: Our free interactive workbook**
 - Website: <https://mydigitalpublication.com/publication/?i=753422>
- **How Can I Live with Heart Failure? (PDF)**
 - English: <https://www.heart.org/-/media/Files/Health-Topics/Answers-by-Heart/How-Can-I-Live-With-Heart-Failure.pdf>
 - Spanish: https://www.heart.org/-/media/Files/Health-Topics/Answers-by-Heart/Answers-by-Heart-SPANISH/How-Can-Live-HeartFailure_Span.pdf
- **Partnering in Your Treatment: Questions to Ask Your Doctor (PDF)**
 - English: https://www.heart.org/-/media/Files/Health-Topics/Heart-Failure/Heart-Failure-Partnering-in-Your-Treatment.pdf?sc_lang=en
 - Spanish: https://www.heart.org/-/media/Files/Health-Topics/Heart-Failure/Partnering-in-Your-Treatment-Spanish.pdf?sc_lang=en
- **Medication Tracker (PDF)**
 - Website: https://www.heart.org/-/media/Files/Health-Topics/Heart-Failure/HF-Medication-Chart.pdf?sc_lang=en
- **Find Help: Search and Connect to Social Resources**
 - Website: <https://www.heart.org/en/about-us/findhelp>

General Support

- **HeartBrothers Foundation**
 - Website: <https://www.heartbrothers.org>
- **Patient Advocate Foundation**
 - Website: <https://www.patientadvocate.org/>
- **MendedHearts**
 - Website: <https://mendedhearts.org/>
- **Minnesota Department of Health Heart Health Video Series**
 - Website: <https://www.health.state.mn.us/diseases/cardiovascular/tools/materials.html>

Caregiver Resources

- **Together in HF**
 - Website: <https://www.togetherinhf.com/>
- **Help for Heart Failure Caregivers**
 - Website: <https://www.heart.org/en/health-topics/heart-failure/living-with-heart-failure-and-managing-advanced-hf/help-for-heart-failure-caregivers>