

We Are Here to Support You



UPMC offers virtual support groups for those currently fighting or now recovering from critical illnesses, including COVID-19.

It is normal to feel worried, scared, depressed or anxious when you are fighting or recovering from a critical illness, especially if you are isolated from your loved ones. **We are here to help.**



Join our support group to **talk with others** who are battling or recovering from critical illness.



You can participate from anywhere. **Phone** and **video conferencing** options are available.

The support group is open to **all UPMC patients and their loved ones.**

To learn more, please email the Critical Illness Recovery Center (CIRC) at UPMC Mercy at **UPMCMercyCIRC@upmc.edu** or call **412-676-5643**.