Chat Rooms and Email Discussion Lists for Spinal Cord Injury

The following are some links to chat rooms or forums for people living with spinal cord injuries.

**Chat Rooms and Forums**

[http://www.ChristopherReeve.org/community](http://www.ChristopherReeve.org/community)

**Reeve Foundation Spinal Cord Injury and Paralysis Community**
An online community and social networking website from the Christopher & Dana Reeve Foundation Paralysis Resource Center. The community is a place for dialogue about spinal cord injury or disease, and about all issues related to paralysis. Members of the community will be able to connect with other members who have spinal cord injuries and/or paralysis or care for those who do. You may participate in discussion groups, post personal profiles with an optional photo, invite members to be friends, and build your own online support network.


**Aaron’s Tracheostomy Message Boards**
This site’s mission is to provide information on tracheostomy and to facilitate parent-to-parent networking and support. The message boards include forums on pediatric and adult tracheostomies and can be accessed by clicking on the Networking tab or by going directly to [http://www.tracheostomy.com/forum/index.php](http://www.tracheostomy.com/forum/index.php).

[www.braintalkcommunities.org](http://www.braintalkcommunities.org)

**BrainTalk Communities**
BrainTalk Communities is a huge collection of Internet message boards covering nearly every known neurological problem and disability social issue.

[http://sci.rutgers.edu](http://sci.rutgers.edu)

**CareCure Community**
This site offers over 70 forums where people discuss spinal cord injury care, caregiving, cure, funding, active living, pain treatment, sexuality, biomedical research, clinical trials and more. Neuroscientist Wise Young, Ph.D., M.D. moderates some of the forums.

[http://www.facingdisability.com](http://www.facingdisability.com)

**Facing Disability: For Families Facing Spinal Cord Injuries**
Facing Disability offers support for family members of people with spinal cord injuries. The forums can be accessed through the *Forums* tab or by going directly to
http://www.facingdisability.com/spinal-cord-injury-forums. The site also offers peer counseling to people with SCI (see Peer Counseling tab or go directly to http://www.facingdisability.com/peer_counseling/info/overview).

http://inspiredsciforum.com/
Inspired SCI Support Community
Features various forums of interest to the SCI community.

https://groups.yahoo.com/neo/groups/scic/info
Yahoo’s Group for Caregivers of Spinal Cord Injured People

https://groups.yahoo.com/neo/groups/womenwithsci/info
Yahoo’s Group for Women with Spinal Cord Injury

E-mail Discussion Lists

http://www.makoa.org/quadlist.htm
QUAD-LIST Discussion Group
Discussion list for people with quadriplegia from any cause, not just spinal cord injury.

http://www.makoa.org/ventuser.htm
VENT-USERS-LIST Discussion Group
Discussion list for people who require ventilators (respirators) to breathe.

http://www.tracheostomy.com/networking/listserv.htm
Trachties Listserv
Trachties is a place for networking, sharing of ideas and resources for dealing with life with a tracheostomy. It is open to individuals with tracheostomies, friends and caretakers of kids or adults with tracheostomies.

Other Interactive Media Sites

http://www.spinalpedia.com
Spinalpedia
Spinalpedia is a social mentoring network and video archive that allows the spinal cord injury community to motivate each other from their individual experiences.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a
new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This project was supported, in part by grant number 90PR3002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorships are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.