Using Social Media for Support

by NEWLIFEOUTLOOK TEAM

Social Media Use among Those with Psoriasis

Finding support with psoriasis can be difficult. You may be able to connect with your family and friends on an emotional level, which can help you greatly. Social media can be a great way to find others who can provide you with practical tips or to understand what you're going through. You might want to consider using a forum on a site that you trust. By reading through comments and seeing how other users interact, you can determine if a community site is what you're looking for. Social media and community sites might help you to establish better connections and can be great ways to feel less isolated with psoriasis.