



WHAT TO KNOW ABOUT

Dyslexia and Learning Differences Support Groups

These groups bring together people with dyslexia, dyscalculia, dyspraxia, language processing disorders, or other specific learning differences for peer connection and mutual support in navigating a world largely designed without them in mind. Learning differences affect specific cognitive processes (reading, writing, math, coordination, language) while leaving general intelligence intact. They're often invisible and misunderstood, and the emotional weight that comes with them is the product of years in environments that reward uniformity, not the difference itself. The group is a place to process that history alongside the day-to-day realities.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit for anyone wanting peer community and hard-to-find practical knowledge.
- Especially valuable for those carrying internalized shame or self-blame.
- Significant depression, anxiety, or school trauma may call for therapy too.

What it's for

People across the lifespan, from school-age to adults at work and in relationships.

For accommodations, disclosure, self-advocacy, and the emotional legacy of school.

Some are specific to one difference; others open to any learning difference.

WHAT TO EXPECT

1 Groups meet monthly or biweekly, 60 to 90 minutes, open discussion.

2 Some invite guest speakers: assistive tech, ADA rights, specific strategies.

3 Online groups expand access with text-friendly or audio-based formats.

The mental health burden is well established; peer support fits it.

- A review of 53 studies found people with dyslexia have elevated **anxiety, depression, stress, and low self-esteem**, shaped by social response, not the difference itself.¹
- Group peer support reliably delivers **community, normalization, and shared coping knowledge** for people facing mental health challenges.²

MAKING THE MOST OF IT

The effort is real. No explaining why a paragraph takes three times as long.

No need to justify. Accommodations you have a legal right to are a given here.

Knowledge that's hard to find. What actually works, from people who've tried it.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Is it specific to my learning difference or open to all?
- 2** Does it focus on emotional support, practical strategies, or both?
- 3** What accessibility formats (audio, text-friendly) does it offer?

Ready to find a group?

Browse 2,000+ therapy and support groups in all 50 states.

Free to browse · No account needed · thegroupguide.com



If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

Dyslexia and Learning Differences Support Groups · references keyed to the numbers on page 1.

- 1 Wilmot, A., Hasking, P., Leitão, S., Hill, E., & Boyes, M. Understanding mental health in developmental dyslexia: a scoping review. *International Journal of Environmental Research and Public Health* (2023), 20(2), 1653.
- 2 Lyons, N., Cooper, C., & Lloyd-Evans, B. A systematic review and meta-analysis of group peer support interventions for people experiencing mental health conditions. *BMC Psychiatry* (2021), 21(1), Article 315.

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