

High Blood Pressure Resources:

1. Information About Blood Pressure and Resources
 - a. <https://www.heart.org/en/health-topics/high-blood-pressure/find-high-blood-pressure-tools--resources/blood-pressure-fact-sheets>
2. Information on High Blood Pressure
 - a. <https://www.heart.org/en/health-topics/high-blood-pressure>
3. Support Networks For People with High Blood Pressure and Complications
 - a. <https://supportnetwork.heart.org/s/>