

New Jersey Self-Help Group Clearinghouse

1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) * www.selfhelpgroups.org

New 2009 Edition The Self-Help Support Group Directory

Published May, 2009

Your only comprehensive statewide guide to all community, national, international & online support groups.

The 24th edition offers a valuable, comprehensive resource for professionals and community leaders who assist people in obtaining the support, understanding, and assistance that self-help mutual aid groups and no-fee professionally run support groups can offer.

- **Contacts for over 6,750 community support groups** in New Jersey, with over 1,100 additional national, international, model, and online self-help groups. These groups cover a broad range of illnesses, addictions, disabilities, bereavement, health issues, parenting, abuse, emotional problems, along with many other stressful life problems, and situations.
- **Expanded information on local and national** websites, e-mail addresses, message boards, and e-groups. Over 95% of the national and international groups include their website, e-mail address, or both.
- **Includes over 400 state and national toll-free specialty helplines**, local county helplines, and local psychiatric crisis hotlines.
- Gives **Suggestions for choosing a group** and for **How to start a mutual aid self-help support group**.
- **Provides some 750 pages of information**, with a comprehensive keyword index, and “lay flat on your desk” binding.



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