

# 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 of The Self-Help Support Group Directory

to be available & mailed to you in late May, 2009, now at a

### Special “Public Library – Only ” Discount Rate Now Increased to 30% Off

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

The new 24th edition offers a valuable, comprehensive resource for reference librarians 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.

- **Updated contacts for over 6,750 community support groups** in N.J., with **over 1,200 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. Almost all the national and international groups include their website and e-mail addresses.
- **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**, to include a comprehensive keyword index, and “lay flat on your desk” binding.

Note that the Clearinghouse helpline, educational & training services, and free group development assistance are made possible by funding from the State Division of Mental Health Services, but is dependent upon income generated through the sale of the Directory.



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