

New Jersey Self-Help Group Clearinghouse

TOLL-FREE SPECIALTY NUMBERS

The following toll-free numbers may be a helpful, cost-free resource for persons seeking additional information on a particular subject. These non-profit agencies provide information and referrals, literature and other services.

ADOPTION / FOSTER CARE

Foster and Adoptive Family Services (New Jersey) 1-800-222-0047 (Mon.-Fri., 9am-6pm); Provides training, offers support services and answers questions on becoming a foster or adoptive parent. Offers scholarships to foster and adoptive youth, holiday toy drive and fostering wishes for children. Sponsored by Division of Youth and Family Services. Fax: 609-520-1515 *Website:* <http://www.fafsonline.org>.

National Adoption Center 1-800-862-3678 Provides information on adoption agencies and support groups. Offers network for matching parents and children with special needs. Fax: 215-735-9410. *Website:* <http://www.adopt.org>

AGING / SENIOR CITIZENS

Alliance for Aging Research 1-800-639-2421. Citizen advocate organization that strives to improve the health and independence of older Americans through public and private research. Promotes healthy aging among people of all ages. Provides statistics on the health and well-being of older persons. Conducts information campaigns. *Website:* <http://www.agingresearch.org>

Eldercare Locator 1-800-677-1116 (Mon.-Fri., 9am-8pm EST). Provides information for families and friends of the elderly (60+). Makes referrals to area agencies on aging for information on insurance, Medicaid, taxes, respite care, etc. Information for disabled also provided on these subjects. *Website:* <http://www.eldercare.gov>

Freedom Eldercare (New Jersey) 1-866-737-3336 (24 hr.) Free information and referral service to assist individuals in navigating the complex healthcare system. Specialists represent the fields of nursing, social work and geriatric care management. *Website:* <http://www.freedomeldercare.com>

National Council on the Aging 1-800-424-9046; Fax: 202-479-0735. Information to the aged, families and professionals. *Website:* <http://www.ncoa.org>

National Institute on Aging 1-800-222-2225 (voice/TDD); TDD/TTY: 1-800-222-4225 Provides publications on topics of interest to older adults, doctors, nurses, social activities directors, health educators and the public. Sponsored by federal government. *Website:* <http://www.nia.nih.gov>

NJ EASE (New Jersey) 1-877-222-3737 (Mon.-Fri., 8:30am-5pm) Information to seniors, disabled, veterans and their caregivers on local benefits and programs (e.g., housing options, nursing homes, elder abuse issues, assisted living facilities, transportation, nutrition, caregivers, insurance, healthcare, long-term care, social activities, volunteer opportunities and care management). *Website:* <http://www.state.nj.us/health/senior/sanjease.shtml>

Senior Citizen Information and Referral (New Jersey) 1-800-792-8820 (Mon.-Fri., 8:30am-5pm). Provides information and referrals to services for senior citizens 60+ and their caregivers. Addresses elder abuse issues. Makes referrals to local offices on aging statewide. Sponsored by NJ Department of Health and Senior Services. *Website:* <http://www.state.nj.us/health/senior/benefits/tollfree.shtml>

AIDS

AIDS Information (BILINGUAL) 1-800-448-0440; TDD/TTY: 1-888-480-3739 Resource information on clinical trials for AIDS and HIV+ patients. Information about current treatments and prevention techniques. Provides live online assistance. *Website:* <http://aidsinfo.nih.gov>

American Social Health Association (BILINGUAL) 1-800-227-8922 OR 919-361-8488 (Mon.-Fri., 9am-6pm EST) Provides information, materials and referrals concerning all types of sexually transmitted infections. Specialists will answer questions via phone or e-mail on transmission, risk reduction, prevention, testing and treatment. *Website:* <http://www.ashastd.org> or <http://www.iwannaknow.org> (for teens)

CDC National Prevention Information Network (BILINGUAL) 1-800-458-5231 (Mon.-Fri., 9am-8pm); TTY: 1-800-243-7012 or 919-361-4892 Provides information on resources and support groups, educational materials and business and labor responses to AIDS, sexually transmitted diseases and tuberculosis, via touch tone phone. Many different services and publications offered. *Website:* <http://www.cdcnpin.org>

CDC National STD/AIDS Hotline (BILINGUAL) 1-800-232-4636 (24 hr.); TTY: 1-800-232-6342 (24 hr.) Education and research about AIDS, HIV and sexually transmitted diseases. *Website:* <http://www.cdc.gov>

Gay Men's Health Crisis (BILINGUAL) 1-800-243-7692 (Mon.-Fri., 10am-9pm; Sat., noon-3pm EST) Provides information and referrals for persons affected by AIDS (including gay men, lesbian women, bisexuals, transgendered, straight and immigrants). *Website:* <http://www.gmhc.org>

New Jersey AIDS/STD Hotline (New Jersey) 1-800-624-2377; TTY: 973-926-8008 (24 hr.); Fax: 973-643-2537. Information and referral on AIDS/Sexually Transmitted Diseases. Counseling, treatment information. Referrals to testing locations. Sponsored by NJ Department of Health. *Website:* <http://www.state.nj.us/health/aids/index.shtml>

Project Inform (BILINGUAL) 1-800-822-7422 (Mon.-Fri., 10am-4pm PST). Provides information about experimental drugs, treatment of AIDS, volunteer training programs. Quarterly newsletter, journal. *Website:* <http://www.projectinform.org>

ALCOHOL

Addictions Hotline of NJ 1-800-238-2333 (voice/TDD) (24 hr.) Crisis counseling, information and referrals for all kinds of drug and alcohol related issues (both prescription and illegal drugs). *Website:* <http://www.addictionshotlineofnj.org/>

Community Recovery (New Jersey) 1-800-292-8262 Offers services for veterans who are experiencing problems with drugs or alcohol. Offers a wide variety of services throughout the state.

National Association for Children of Alcoholics 1-888-554-2627 (8:30am-5pm EST) Advocates for children and families affected by alcoholism and other drug dependencies. Helps children hurt by parental alcohol and drug abuse. Newsletter, advocacy, policy making, literature, videos, educational materials. *Website:* <http://www.nacoa.org>

National Clearinghouse for Alcohol and Drug Information (BILINGUAL) 1-800-729-6686 or 301-468-2600; Spanish: 1-877-767-8432; TDD/TTY: 1-800-487-4889; Fax: 301-468-6433. Information on alcohol, tobacco, drug abuse and prevention. Referrals to treatment centers, research, groups, drugs in the work place, community programs, AIDS and addiction. *Website:* <http://www.ncadi.samhsa.gov>

National Council on Alcoholism and Drug Dependence 1-800-622-2255 (24 hr.). Provides information on counseling and treatment services for alcohol or drug abuse. Prevention and education programs. Newsletter. *Website:* <http://www.ncadd.org>

National Organization on Fetal Alcohol Syndrome 1-800-666-6327. Provides information and referrals on fetal alcohol syndrome. Offers free packet of information. *Website:* <http://www.nofas.org>

ALOPECIA AREATA

Locks of Love 1-888-896-1588 (recorded information) or 561-963-1677 Provides custom hairpieces to financially disadvantaged children with long-term medical hair loss. Uses donated hair. *Website:* <http://www.locksoflove.org>

ALZHEIMER'S DISEASE

Alzheimer's Disease Education and Referral Center 1-800-438-4380 or 301-495-3311 (Mon.-Fri., 8:30am-5:30pm EST) Provides information and publications on Alzheimer's disease to health and service professionals, patients and their families, caregivers and public. Sponsored by National Institute on Aging. *Website:* <http://www.nia.nih.gov/Alzheimers/>

Alzheimer's Disease Helpline (New Jersey) 1-800-424-2494 Information, counseling, referrals and support for Alzheimer's and related disorders. Also offers assistance for caregivers. *Website:* <http://ubhc.umdj.edu/copsa/>

American Health Assistance Foundation 1-800-437-2423 (Mon.-Fri., 9am-5pm EST) Provides educational information and funds research for Alzheimer's disease, glaucoma, heart disease and macular degeneration. *Website:* <http://www.ahaf.org>

ATTORNEY

Legal Services of New Jersey (BILINGUAL) (New Jersey) 1-888-576-5529 or 732-572-9100 (Mon.-Fri., 9am-4:30pm) Provides free legal advice over the phone for low income persons for civil cases (housing, landlord, tenant, public assistance and entitlements, family law and domestic violence, consumer law and bankruptcy, employment law, immigration, etc). *Website:* <http://www.lsnj.org>

National Organization of Social Security Claimant's Reps 1-800-431-2804 Provides referrals to social security lawyers who assist claimants in getting social security. *Website:* <http://http://www.nosscr.org>

BLIND

American Foundation for the Blind 1-800-232-5463 (Mon.-Fri., 8:30am-4:30pm); TDD/TTY: 212-502-7662 Clearinghouse of information and referrals for the blind. Catalog of publications available. *Website:* <http://www.afb.org>

American Health Assistance Foundation 1-800-437-2423 (Mon.-Fri., 9am-5pm EST) Provides educational information and funds research for Alzheimer's disease, glaucoma, heart disease and macular degeneration. *Website:* <http://www.ahaf.org>

Braille Institute 1-800-272-4553 (Mon.-Fri., 8:30am-5pm) Provides publications, cassettes and free books for visually impaired children. Free Braille calendar. Referrals to resources. Tapes on vision loss available to companies and organizations. *Website:* <http://www.brailleinstitute.org>

DB-Link (National Information Clearinghouse on Children Who Are Deaf/Blind) 1-800-438-9376; TTY: 1-800-854-7013 Information and referral on education, health, employment, technology, communication and recreation for children who are deaf/blind. Newsletter. *Website:* <http://www.nationaldb.org>

Glaucoma Research Foundation 1-800-826-6693 or 415-986-3162 (Mon.-Fri., 8:30am-5pm PST) Phone support network for persons with glaucoma. Free literature. Funds research. *Website:* <http://www.glaucoma.org>

Guide Dog Foundation 1-800-548-4337 Provides seeing eye dogs to the blind free of charge. *Website:* <http://www.guidedog.org>

Guiding Eyes for the Blind 1-800-942-0149 or 914-245-4024 (Mon.-Fri., 9am-pm EST) Dedicated to enriching the lives of blind and visually impaired men and women by providing them with guide dogs free of charge. *Website:* <http://www.guiding-eyes.org>

Hadley School for the Blind 1-800-323-4238 or 847-441-8111; TTY: 847-446-4111 Provides free distance education to blind and visually impaired persons using Braille materials, large print or audio-cassettes. *Website:* <http://www.hadley.edu>

Library of Congress National Library Blind and Physically Handicapped 1-800-424-8567; TDD: 202-707-0744 Refers callers to libraries that have information on books on tapes and in Braille available for qualified blind or handicapped persons who can't read standard print. *Website:* <http://www.loc.gov/nls>

New Jersey Library for the Blind and Handicapped (BILINGUAL) (New Jersey) 1-800-792-8322; TTY: 1-877-882-5593 (Mon.-Fri., 9am-4:30pm; Sat., 9am-3pm) Information on provision of recorded materials, large print, Braille, radio reading service. Deaf and hard of hearing awareness program offers over 700 videos, books on hearing

loss and deafness. Assistive devices such as TTYs, baby cry signalers, bed vibrators, closed captioned decoders and assistive listening devices. Sign language interpreting services for library events. Sponsored by Bureau of State Library, Thomas Edison State College. *Website:* <http://www.njlbh.org>

NJ Commission for the Blind and Visually Impaired (*New Jersey*) 1-877-685-8878 (Mon.-Fri., 9am-5pm voice mail) Information and referral for persons with a visual impairment re: educational, social, occupational and vocational services. *Website:* <http://www.cbvi.nj.gov>

Prevent Blindness America 1-800-331-2020 (Mon.-Fri. 8:30am-5pm EST) Fights vision loss through research, education and direct services. Provides referrals to local services. Offers literature on vision, eye health and safety. *Website:* <http://www.preventblindness.org>

Recording For The Blind and Dyslexic 1-866-732-3585 (Mon.-Fri., 8:30am-4:30pm) Information on free cassettes, recorded textbooks and consumer publications to eligible handicapped persons. (Information on volunteer programs for recording tapes.) Membership dues \$100/1st year; \$35 subsequent years. Worldwide services. *Website:* <http://www.rfbd.org>

Research to Prevent Blindness 1-800-621-0026 or 212-752-4333 (Mon.-Fri., 9am-5pm EST) Provides publications and information on various eye diseases including macular degeneration, cataracts, glaucoma, diabetic retinopathy, corneal disease, retinitis pigmentosa, amblyopia/strabismus, uveitis, as well as general information. Funds research. *Website:* <http://www.rpbusa.org>

Retinitis Pigmentosa International 1-800-344-4877 (8am-7pm PST) Provides support and information for persons affected by retinitis pigmentosa and their families. Supports research. *Website:* <http://www.rpinternational.org>

BRAIN TUMOR

Pediatric Brain Tumor Foundation 1-800-253-6530 or 828-665-6891 Mission is to find the cause and cure of pediatric brain tumors through the support of research; to aid in the early detection of children's brain tumors; to improve the quality of life of children through better and less invasive treatment and to provide hope, emotional support and information to children and their families. *Website:* <http://www.pbtfus.org> or <http://www.ride4kids.org>

BUSINESS

SCORE (Service Corps Of Retired Executives) 1-800-634-0245 (Mon.-Fri., 8:30am-5pm EST) Provides counseling for starting or maintaining businesses. *Website:* <http://www.score.org>

U.S. Small Business Administration 1-800-827-5722; TTY: 704-344-6640 (Mon.-Fri., 9am-5pm EST) Provides information, training and literature on starting and financing small businesses. *Website:* <http://www.sba.gov>

CANCER

AMC Cancer Information and Counseling Line 1-800-525-3777 (Mon.-Fri., 8:30-5pm MST) Provides current medical information and counseling for cancer issues. *Website:* <http://www.amc.org>

American Cancer Society (*MULTILINGUAL*) 1-800-227-2345 (24 hr.) Provides information on issues related to cancer (services, transportation, encouragement and support). Spanish and English speaking. *Website:* <http://www.cancer.org>

Anderson Network 1-800-345-6324 (Mon.-Fri., 8am-5pm CST) Matches cancer patients with others with exact diagnosis for support. *Website:* <http://www.mdanderson.org>

BLOCH Cancer Hotline 1-800-433-0464 Networks persons with cancer and home volunteers with same type of cancer. Free books about cancer. *Website:* <http://www.blochcancer.org>

Cancer Care, Inc. 1-800-813-4673 Free counseling for cancer patients and their families. Financial assistance, information and referrals, community and professional education. Teleconference programs. On-going telephone and in-person support groups. *Website:* <http://www.cancercare.org>

Cancer Hope Network 1-877-467-3638 (9am-5:30pm EST) One-on-one support offered to cancer patients and their families undergoing cancer treatment from trained volunteers who have survived cancer themselves. *Website:* <http://www.cancerhopenetwork.org>

Cancer Information Service (BILINGUAL) 1-800-422-6237 Provides information about cancer and cancer-related resources to patients, the public and health professionals. Offers one-on-one smoking cessation counseling and literature. Free publications. Sponsored by National Cancer Institute. *Website:* <http://www.cancer.gov>

Cancer Research Institute 1-800-992-2623 or 212-688-7515 (Mon.-Fri., 9am-5pm EST) Provides general cancer resource information. Supports leading-edge research aimed at developing immunologic methods of preventing, treating and curing cancer. *Website:* <http://www.cancerresearch.org/>

CureSearch 1-800-458-6223 Active in the search to cure childhood cancer. Involved with research, care, public awareness, fundraising, information and newsletter. *Website:* <http://www.curesearch.org>

Dana Farber Cancer Institute Family Studies Cancer Risk Line 1-800-828-6622. Information on familial cancers. *Website:* <http://www.partners.org>

Gilda Radner Familial Ovarian Cancer Registry 1-800-682-7426 (Mon.-Fri., 9am-5:30pm EST) Information on the warning signs of cancer, diagnostic tests and family history. Sponsored by Roswell Park Cancer Inst. *Website:* <http://www.ovariancancer.com>

Gynecologic Cancer Foundation 1-800-444-4441 Makes referrals to physicians who specialize in the treatment of gynecological cancer. Brochures, literature and online resources. *Website:* <http://www.wcn.org>

Hereditary Cancer Institute 1-800-648-8133 (Mon.-Fri., 8am-4:30pm CST) Studies family-linked cancer. Provides counseling, information on clinical trials, cancer and hereditary factors. *Website:* <http://medschool.creighton.edu/medicine/centers/hcc/index.php>

International Myeloma Foundation 1-800-452-2873 (8am-5pm PST) Provides information, seminars, grants and newsletter on myeloma. *Website:* <http://www.myeloma.org>

Locks of Love 1-888-896-1588 (recorded information) or 561-963-1677 (office) Provides custom hairpieces to financially disadvantaged children with long-term medical hair loss. Uses donated hair. *Website:* <http://www.locksoflove.org>

Look Good, Feel Better 1-800-227-2345 Helps cancer patients improve their appearance during treatment. Free workshops across the country. *Website:* <http://www.cancer.org>

Lung Cancer Alliance 1-800-298-2436 (Mon.-Fri., 9am-5pm EST) Operates a national "phone buddies" program, comprehensive helpline and many other additional services for persons with lung cancer and their families. *Website:* <http://www.lungcanceralliance.org>

Ovarian Cancer Research Fund 1-800-873-9569 Dedicated to advancing and supporting laboratory and clinical research that promotes the development of new therapies and techniques for early detection, screening and treatment of ovarian cancer. Educational outreach, public awareness projects, including videos and resource materials available. *Website:* <http://www.ocrf.org>

Patient Advocate Foundation 1-800-532-5274 (8am-8pm EST) Provides education and legal counseling to cancer patients (relative to a diagnosis) concerning managed care, discrimination, insurance and financial issues. *Website:* <http://www.patientadvocate.org>

Skin Cancer Foundation 1-800-754-6490 (Mon.-Fri., 9am-5pm EST) Provides free packets of information on skin cancer and treatment. *Website:* <http://www.skincancer.org>

Susan G. Koman Breast Cancer Foundation 1-800-462-9273 (Mon.-Fri., 9am-5:30pm CST) Information on breast cancer and breast health. *Website:* <http://www.komen.org>

CAREERS

Careers Hotline (New Jersey) 1-800-222-1309 (Mon.-Fri., 8:30am-4:30pm) Provides descriptions and outlooks on various careers. Has information on New Jersey vocational schools, national colleges, graduate school programs and New Jersey day care centers. Publishes a sample resume and information on job interviews. Not a job search agency. Sponsored by NJ Dept. of Labor. *Website:* http://lwd.dol.state.nj.us/labor/wnpjpin/wnpjpin_index.html

National Job Corps Information Line (*BILINGUAL*) 1-800-733-5627 (24 hr.) Referrals to job corps training for persons 16-24. Helps persons to earn high school equivalency diplomas. Website: <http://www.njcaweb.org/>

CHARITY / SERVICE ORGANIZATIONS

AmVets 1-800-244-6350 Makes referrals to used clothing collection agencies and provides pick-up information. Website: <http://www.amvets.org>

Goodwill Industries 1-800-741-0186 Provides employment and training services for people with disabilities and other disadvantaging conditions (welfare dependency, illiteracy, criminal history, homeless). Website: <http://www.goodwill.org>

Volunteers of America 1-800-899-0089 (Mon.-Fri., 8am-6pm) Provides local human services programs and opportunities for individual and community involvement in volunteer programs that deal with social problems. Also has Retiree Volunteer Coalition. Website: <http://www.voa.org>

Volunteers of American of Delaware Valley 1-800-281-4354 or 856-854-7466 Provides local human service programs and opportunities for individual and community involvement in volunteer programs that deal with social problems. Also has Retiree Volunteer Coalition. Website: <http://www.voadv.org>

CHILD ABUSE

American Humane Association 1-800-227-4645 Mission is to protect children and animals from abuse, neglect and cruelty. Advocates on behalf of children (fire arms, capital/corporal punishment, child protective services, medical neglect, etc) and animals. Website: <http://www.americanhumane.org>

Child Abuse Hotline (*New Jersey*) 1-877-652-2873 or 1-877-NJ ABUSE (24 hr.); TDD: 1-800-835-5510 (24 hr.) Accepts reports of child abuse or neglect. Emergency response for children at risk. Anonymous if callers prefer. Sponsored by Division of Youth and Family Services. Website: <http://www.state.nj.us/dcf/abuse/how/>

Child Help Inc. (*BILINGUAL*) 1-800-422-4453 (24 hr.) or 480-922-8212 General information on child abuse and related issues. Referrals to local agencies for child abuse reporting. Crisis counseling. Website: <http://www.childhelp.org>

Child Welfare Information Gateway (*BILINGUAL*) 1-800-394-3366 (Mon.-Fri., 8:30am-5pm EST) Provides information on all aspects of child maltreatment. Website: <http://www.childwelfare.gov>

Prevent Child Abuse New Jersey 1-800-244-5373 Provides information workshops, literature and child abuse prevention information. Aim is to prevent child abuse (not for reports of active abuse situations). Website: <http://www.preventchildabuse.org>

Project Child Find (*New Jersey*) 1-800-322-8174; TDD: 609-984-8432 (Mon.-Fri., 8:15am-4:15pm) Information and referrals for children, from birth to 21 years, with any developmental delay. Sponsored by Dept. of Education. Website: <http://www.nj.gov/education/specialed/childfind/>

U.S. Customs Service 1-800-232-5378 Will take reports on child pornography on the internet. Aim is to stop this form of child sexual abuse.

CHILD CARE

Childcare Hotline (*New Jersey*) 1-800-332-9227 (Mon.-Fri., 9am-5pm) Callers can obtain the telephone number of their local "Childcare Resource and Referral System" to get information about various child care options and subsidized child care services. Caregivers can also learn how to become a registered family day care provider. Provides information on how to evaluate the child care environment to make an informed decision on the selection process.

National Association for Family Child Care (*BILINGUAL*) 1-800-359-3817 (Mon.-Fri. 8am-5pm MST) Provides information and training for in-home care providers. Newsletter. Website: <http://www.nafcc.org>

National Child Care Information Center 1-800-616-2242 (Mon., Tues., Thurs., Fri., 8:30am-5:30pm; Wed. 8:30am-8pm EST) Provides information to enhance and promote quality child care. Website: <http://www.nccic.org>

CHILD SUPPORT

New Jersey Child Support Information (New Jersey) 1-800-621-5437 (for existing cases); 1-877-NJ KIDS 1 (customer service) Provides information on child support issues and problems. *Website:* <http://www.njchildsupport.org>

CHOLESTEROL

UAB Eat Right 1-800-231-3438 (Mon.-Fri., 8am-4pm EST) Provides information on nutrition and related topics (weight loss and cholesterol). Sponsored by Nutrition Info. Svcs. *Website:* <http://main.uab.edu/Sites/eatright>

COMPLAINTS

Directors Action Line (New Jersey) 1-800-331-3937 (Mon.-Fri., 9am-5pm) Responds to concerns and questions about the Division of Youth and Family Service and its services. Also answers questions regarding DYFS and refers callers to other assistance if needed.

Long Term Care Systems (New Jersey) 1-800-792-9770 (Mon.-Fri., 8:45am-4:45pm) (answering machine other times) Complaint line for hospitals, nursing homes, residential care facilities and assisted living. Sponsored by State Facilities. *Website:* <http://web.doh.state.nj.us/hpr/complaints.shtml>

CONSUMER

FDA Consumer Affairs 1-888-463-6332 (Mon.-Fri., 10am-4pm) Information on any FDA-regulated product (food and drugs). Has information on rare illnesses, starting businesses, freedom of information act, health and medical issues. Free literature. Referrals to toll-free numbers. Assists in emergency situations. *Website:* <http://www.fda.gov>

National Do Not Call Registry 1-888-382-1222 An opportunity to limit the telemarketing calls that are received. The registry was created to offer consumers a choice regarding telemarketing calls. *Website:* <http://www.donotcall.gov>

New Jersey Division of Consumer Affairs (New Jersey) 1-800-242-5846 (8:30am-5pm) Takes complaints against businesses, advisory and professional boards, health clubs, home repairs, car dealerships and charities. Information on Lemon Law (automobiles), weights and measures, legalized games of chance, Bureau of Securities, etc. *Website:* <http://www.njconsumeraffairs.com>

Opt Out 1-888-567-8688 Organization that removes your name and address from all mailing lists offered by the main consumer credit reporting agencies (Trans Union, Experian, Equifax and Innovis) which advertise and send out new charge card offers. When writing include your first, middle and last name (including Jr., Sr., etc), current address, previous address (if you've moved in the last six months), social security number, date of birth and signature. *Website:* <https://www.optoutprescreen.com/>

Toy Safety Hotline 1-877-486-9723 (8:30am-4pm EST) Provides information on toy safety. Brochures. Information on best selling age-appropriate toys. *Website:* <http://www.toyassociation.org>

U.S. Consumer Product Safety Commission (BILINGUAL) 1-800-638-2772; TDD/TTY: 1-800-638-8270 Computer operated recorded information on product safety. Takes reports on unsafe products. *Website:* <http://www.cpsc.gov>

CREDIT COUNSELING

Consumer Credit Counseling Services 1-800-388-2227 With touch-tone phone, callers can find out about credit counseling services in their local areas. Sponsored by the Nat'l Foundation for Credit Counseling. *Website:* <http://www.nfcc.org>

CRIME VICTIMS

Consumer Response Center (BILINGUAL) 1-877-382-4357 Assistance for people who are victims of fraud. Complaints are shared with law enforcement agencies. Does not resolve individual disputes. Sponsored by Federal Trade Commission. *Website:* <http://www.ftc.gov>

GAINS Center 1-800-311-4246 option 2 (Mon.-Fri., 8:30am-5pm EST) Provides information on services for people with co-occurring mental health and substance abuse disorders who come in contact with the justice system. Provides technical assistance, needs assessment and literature to communities. *Website:* <http://www.gainsctr.com>

Juvenile Justice Clearinghouse 1-800-851-3420 (Mon.-Fri., 10am-6pm) Information and referrals regarding juvenile justice programs and department of justice. Website: <http://ojdp.ncjrs.org/programs/ProgSummary.asp?pi=2>

National Center for Victims of Crime 1-800-394-2255 Provides information, referrals and advocacy to crime victims nationwide. An affiliate to the National Crime Victim Bar Association which provides referrals to file civil suit against perpetrators and other responsible individuals. Also operates Stalking Resource Center which provides training and technical assistance on the issue of stalking. Website: <http://www.ncvc.org>

National Criminal Justice Referral Service 1-800-851-3420 (Mon.-Fri., 10am-6pm EST) Provides information on all aspects of the criminal justice system and support for victims. Website: <http://www.ncjrs.org>

National Institute of Corrections 1-800-995-6423 or 202-307-0147 (Mon.-Fri., 8am-5pm EST). Provides information and technical assistance re: mentally ill persons in prison. Website: <http://www.nicic.org>

Stalking (New Jersey) 1-800-572-7233 (Domestic Violence Hotline 24 hr.) Support and information for anyone with a restraining order, who is being stalked in New Jersey. Sponsored by the Prevention of Violence Against Women.

Trafficking in Persons and Worker Exploitation Helpline (MULTILINGUAL) 1-888-428-7581 (voice/TTY Mon.-Fri., 9am-5pm EST) Provides opportunity to report trafficking crimes or get help. "human trafficking" is a form of slavery and involuntary servitude – examples include sexual exploitation, sweatshop workers, exploitation of agricultural workers and individuals working as domestic servants. Website: <http://www.fbi.gov/hq/cid/civilrights/slavery.htm>

Victims of Crime Compensation Board (New Jersey) 1-800-242-0804 Provides counseling, information on compensation and referrals for victims of violent crimes. Can help in emergency situations for qualified persons. Otherwise leave message. Website: <http://www.nj.gov/oag/njvictims/>

We Tip Hotlines (BILINGUAL) 1-800-782-7463 (general); 1-800-873-7283 (felony) Takes reports on crimes or felonies.

CYSTIC FIBROSIS

Children's Organ Transplant Association 1-800-366-2682 (Mon.-Fri., 8am-5pm EST) Provides public education on organ transplants. Assists families in fund-raising for transplant and transplant-related expenses. Assistance for all children and adults with cystic fibrosis who are U.S. citizens in need of an organ transplant. Website: <http://www.cota.org>

Cystic Fibrosis Foundation 1-800-344-4823 (Mon.-Fri., 8:30am-5:30pm); Pharmacy: 1-800-541-4959 Provides information, brochures, insurance information, pharmaceutical services and updates on research. Website: <http://www.cff.org>

DEAF

ASHA Hearing and Speech Helpline (BILINGUAL) 1-800-638-8255 (Voice/TDD) (Mon.-Fri., 8:30am-5pm EST) Information on speech, hearing and language disabilities. Referrals to ASHA certified clinics. Database of information on listening devices. Sponsored by American Speech Language and Hearing Assn. Website: <http://asha.org>

Better Hearing Institute 1-800-327-9355 or 703-684-3391 (Mon.-Fri., 9am-5pm EST) Information and literature on any hearing-related issue. Website: <http://betterhearing.org>

DB-Link (National Information Clearinghouse for Children Who Are Deaf/Blind) 1-800-438-9376 (voice); TDD/TTY: 1-800-854-7013 Information and referral on education, health, employment, technology, communication and recreation for children who are deaf-blind. Newsletter. All services are free of charge. Website: <http://nationaldb.org/ISDefault.php>

Described and Captioned Media Program (DCMP) (BILINGUAL) 1-800-237-6213 (voice); TTY: 1-800-237-6819; (Mon.-Fri., 8:30am-5pm EST) Provides free loan described and captioned educational media, clearinghouse of information related to educational media access and a gateway to internet resources related to accessibility. Free registration services. Sponsored by US Dept. of Education and administered by the National Association of the Deaf. Website: <http://www.cfv.org>

Dial-A-Hearing Screening Test 1-800-222-3277 (Mon.-Fri., 9am-5pm EST) Offers over the phone hearing screening for anyone (age 14+). Provides hearing information and referral services.

Division of Deaf and Hard of Hearing (*New Jersey*) 1-800-792-8339 (voice/TTY) or 609-984-7281 (Mon.-Fri., 8:30am-4:30pm) Information and referral for the deaf and hard of hearing. Interpreter referral service. Sensitivity training available for the public. *Website:* <http://www.state.nj.us/humanservices/ddhh/index.html>

HEAR Now 1-800-648-4327 (Mon.-Fri., 8am-5pm) Helps financially needy individuals obtain hearing aids. Collects used hearing aids for recycling information and referrals. Automated telephone line, leave message and call will be returned within two days. *Website:* <http://www.sotheworldmayhear.org/hearnow/>

Hearing Aid 1-800-521-5247 or 734-522-7200 (Mon.-Fri., 8am-5pm EST) Provides general literature on hearing aids and hearing loss. Referrals to hearing instrument specialists. Leave name and address and information will be mailed. Sponsored by Int'l Hearing Society. *Website:* <http://www.ihsinfo.org>

Hearing Aid Assistance to the Aged and Disabled (HAAAD) (*New Jersey*) 1-800-792-9745 Provides a \$100 reimbursement to eligible persons who purchase a hearing aid. Sponsored by NJ State Dept. of Health, Div. of Senior Affairs. *Website:* <http://www.nj.gov/health/seniorbenefits/services.shtml>

John Tracy Clinic for Preschool Deaf Children 1-800-522-4582 (Mon.-Fri., 8am-4pm PST) Information and support for parents and preschool deaf children. Free correspondence course for parents. *Website:* <http://jtc.org>

National Cued Speech Association 1-800-459-3529 or 301-915-8009 (voice/TDD) Encourages and supports the use of cued speech for communication, language development and literacy. Networking, literature, advocacy, information and referrals, phone support, conferences and family camps. *Website:* <http://cuedspeech.org>

National Institute on Deafness and Other Communication Disorders 1-800-241-1044; TTY: 1-800-241-1055 Referrals to national agencies on hearing, speech, language, smell, taste, voice and balance disorders. Publishes fact sheets, brochures, information packets and newsletters. *Website:* <http://www.nidcd.nih.gov/>

New Jersey Library for the Blind and Handicapped (*BILINGUAL*) (*New Jersey*) 1-800-792-8322; TTY: 1-877-882-5593 (Mon.-Fri., 9am-4pm; Sat., 9am-3pm except July/Aug.) Information on provision of recorded materials, large print, Braille, radio reading service. Deaf and hard of hearing awareness program offers over 700 videos, books on hearing loss and deafness. Assistive devices such as: TTYs, baby cry signalers, bed vibrators, closed captioned decoders and assistive listening devices. Sign language interpreting services for library events. Sponsored by Bureau of State Library, Thomas Edison State College. *Website:* <http://www.njlbh.org/>

DENTAL

Dental Care for Handicapped 1-888-471-6334 (Mon.-Fri., 8am-5pm MST) Information on free dental care for qualified elderly, disabled or chronically ill patients. Services include dentures, crowns or other significant dental work. *Website:* <http://www.nfdh.org>

DEPRESSION

National Institute of Mental Health Information Line (*BILINGUAL*) 1-800-421-4211 (publications) Phone system that takes orders for free brochures on depression, anxiety, etc. *Website:* <http://www.nimh.nih.gov>

Speak Up When You're Down (*New Jersey*) 1-800-328-3838 (24 hr.) Resources for anyone experiencing postpartum depression, their families and friends. *Website:* <http://njspeakup.gov>

DIABETES

National Diabetes Education Program (*BILINGUAL*) 1-800-438-5383 or 1-800-860-8747 (Mon.-Fri., 8:30am-5pm EST) Provides educational information on diabetes. Publishes "Do Your Level Best" kit and diabetes kit to public and health care professionals. Sponsored by National Inst. of Diabetics, Digestive and Kidney Diseases and Ctr. for Diabetes Control and Prevention. *Website:* <http://www.ndep.nih.gov/>

National Institute of Diabetes and Digestive and Kidney Diseases 1-800-891-5390 (kidney); 1-800-860-8747 (diabetes); 1-800-891-5389 (digestive diseases)(Mon.-Fri., 8:30am-5pm EST) Provides referrals and literature on a broad range of subjects concerning diabetes, digestive disorders, kidney disease, metabolic and endocrine disorders, hematological diseases and urologic disorders. *Website:* <http://www2.niddk.nih.gov/>

DISABILITY

Abledata 1-800-227-0216 (Mon.-Fri., 8:30am-5:30pm EST) Provides information, publications and consumer reviews of all types of assistive technologies for persons with disabilities. Sponsored by Nat'l Inst. on Disability and Rehab Research and U.S. Dept. of Education. *Website:* <http://www.abledata.com>

Access Board (BILINGUAL) 1-800-872-2253 or 202-272-0080 (voice); 1-800-993-2822 or 202-272-0082 (TTY) Advocates for accessibility. Provides publications and forms to press charges against agencies that are not accessible. *Website:* <http://www.access-board.gov>

ADA Technical Assistance Line (BILINGUAL) 1-800-514-0301; TDD/TTY: 1-800-514-0383 (Mon.-Fri., 9am-5:30pm; Thurs., 12:30-5:30pm EST) Provides free publications on the American Disabilities Act. A new publication will be available each month in a limited supply. *Website:* <http://www.ada.gov>

Assistive Technology Advocacy Center of NJ (New Jersey) 1-800-342-5832 (Mon.-Fri., 9am-5pm) Maintains listing of used equipment available for sale.

Canine Companions for Independence 1-866-224-3647 (Mon.-Fri., 8am-5pm PST) Trains dogs to assist people with physical and developmental disabilities. Also has opportunities for people interested in volunteering to raise puppies. *Website:* <http://www.cci.org>

Childcare Plus 1-800-235-4122 Information and referrals to families of children (birth to 5) with disabilities. Inclusion training for professionals. *Website:* <http://www.ccplus.org>

Disability Rights New Jersey (DRNJ) (New Jersey) 1-800-922-7233 (NJ only) or 609-292-9742; TTY: 609-633-7106 (Mon.-Fri., 9am-5pm) Provides legal assistance and advocacy services to citizens of New Jersey with any type of disability (both physical and mental). Information and referral services, educational programs, technical assistance and training. *Website:* <http://www.njpanda.org>

Disabled American Veterans 1-877-426-2838 (8:30am-4:30pm EST) Provides free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the department of Veterans Affairs and other agencies of the government. Guidelines for developing chapters. *Website:* <http://www.dav.org>

Disabled and Alone 1-800-995-0066 or 212-532-6740 (Mon.-Fri., 9am-5pm EST) Helps families and caretakers of a loved one with a disability answer the question, "Who will look after my loved one when I am gone?" by creating a "life plan" and carrying out each family's plan for their disabled loved one, as directed and funded by the family. *Website:* <http://www.disabledandalone.org>

Division of Disability Services (New Jersey) 1-888-285-3036; TDD: 1-877-294-4356 Information and referral services for persons of all ages with disabilities. Serves as the chief link between state government and the county offices on disabilities. Publishes a statewide directory of disability services. *Website:* <http://www.state.nj.us/humanservices/dds>

Easter Seals National Headquarters Disability Helpline (BILINGUAL) 1-800-221-6827 (Mon.-Fri., 8:30am-5pm CST) Provides disability resource packets for children and adults with disabilities. Online directory available. *Website:* <http://www.easterseals.com>

Family Support Center of New Jersey (New Jersey) 1-800-372-6510 (Mon.-Fri., 8am-5pm) Information and referral agency offering services to individuals with a disability or families who live with a family member with special needs. Also works with professionals who service this community. A support network for parents is also available through the center. *Website:* <http://www.fscnj.org>

Friends' Health Connection (BILINGUAL) (New Jersey) 1-800-483-7436 A communication support network that connects patients and caregivers with any disorder, illness or handicap. Members are networked with each other based on health problem, symptoms, lifestyle, interests, occupation, location and other criteria and communicate via letters, phone and e-mail. It is intended for emotional support, not for romantic purposes. Also provides educational, therapeutic and recreational programs. *Website:* <http://friendshealthconnection.org>

Job Accommodation Network 1-800-526-7234 (voice); TTY: 1-877-781-9403 (Mon.-Fri., 9am-6pm EST) Information on accommodations for people with disabilities. Sponsored Office of Disability Employment Policy and Dept. of the Labor. *Website:* <http://jan.wvu.edu>

Library of Congress National Library Blind and Physically Handicapped 1-800-424-8567; TDD: 202-707-0744 (Mon.-Fri., 8:30am-5pm EST) Refers callers to libraries that have information on books on tapes and in Braille available for qualified blind or handicapped persons who can't read standard print. *Website:* <http://loc.gov/nls>

Lifeline Programs 1-800-792-9745 (Mon.-Fri., 8:30am-5pm) Recorded information on pharmaceutical and utility benefits for qualified seniors and the disabled. *Website:* <http://www.nj.gov/health/seniorbenefits/services.shtml>

National Accessible Apartment Clearinghouse 1-800-421-1221 Maintains a database of over 46,000 accessible apartments nationwide. Helps people with disabilities find accessible apartments. Owners and managers may also use this service to register their accessible units. *Website:* <http://www.accessibleapartments.org>

National Council on Independent Living 1-877-525-3400 or 202-207-0334; TTY: 202-207-0340 Provides information and referrals to independent living centers. *Website:* <http://ncil.org>

National Dissemination Center for Children with Disabilities (BILINGUAL) 1-800-695-0285 (voice/TT) or 202-884-8200 (voice/TTY) (Mon.-Fri., 9am-5pm EST) Provides information on disabilities with a special focus on children (birth to age 22). Services include information, referrals, technical assistance to parents, educators, caregivers and advocates. Referrals to support groups. Publications available for a small fee. *Website:* <http://www.kidsource.com/NICHCY/index.html>

National Institute for Rehab Engineering 1-800-736-2216 or 973-853-6585 Provides information, advice and referrals to people with all types of disabilities about assistive technology equipment. Aim is to help people with disabilities to be more independent and self-sufficient. *Website:* <http://www.angelfire.com/nj/nire2/>

New Jersey Library for the Blind and Handicapped (BILINGUAL) (New Jersey) 1-800-792-8322; TTY: 1-877-882-5593 (Mon.-Fri., 9am-4pm; Sat., 9am-3pm; except July/Aug.) Information on provision of recorded materials, large print, Braille, radio reading service. Deaf and hard-of-hearing awareness program offers over 700 videos, books on hearing loss and deafness. Assistive devices such as TTYs, baby cry signalers, bed vibrators, closed captioned decoders and assistive listening devices. Sign language interpreting services for library events. Sponsored by Bureau of State Library, Thomas Edison State College. *Website:* <http://www.njlbh.org>

NJ Protection and Advocacy, Inc. (New Jersey) 1-800-922-7233 or 609-292-9742 (Mon.-Fri., 9am-5pm); TTY: 609-633-7106 Provides legal assistance and advocacy services to citizens of New Jersey with any type of disability (both physical and mental). Information and referral services, educational programs, technical assistance and training. *Website:* <http://www.njpanda.org>

NJ WINS (Work Incentive Programs) (New Jersey) 1-877-659-4672 or 1-888-322-1918 Enables social security administration beneficiaries with disabilities make informed choices about work and assist them in exploring work incentives that are available. *Website:* <http://www.njwins.org>

Northeast ADA Center (BILINGUAL) 1-800-949-4232 (voice, TDD and Spanish) Provides free technical assistance to employers, individuals with disabilities, state and local government agencies and others in the implementation of the Americans with Disabilities Act. They also provide free training workshops and awareness programs. *Website:* <http://www.northeastada.org>

Project Child Find (New Jersey) 1-800-322-8174; TDD: 609-984-8432 (Mon.-Fri., 8:15am-4:15pm EST) Information and referrals for children, from birth to 21 years, with any developmental delay. Sponsored by Dept. of Education. *Website:* <http://nj.gov/education/specialed/childfind/>

Special Needs Advocate for Parents (SNAP) 1-800-872-5827 Support for parents of special needs children. Referrals to educational advocates, support groups, attorneys and other resources. Medical insurance problem solving. Assistance with estate planning. Newsletter, speakers' bureau and interactive bulletin boards.

Technical Assistance Alliance for Parents Centers 1-888-248-0822; TTY: 952-838-0190 (Mon.-Fri., 8am-5:30pm CST) Support and education for families of children with any disability. Advocates for the Individuals with Disabilities Education Act. Literature, training sessions, information and referrals. *Website:* <http://www.taalliance.org/>

Through the Looking Glass 1-800-644-2666 (Mon.-Fri., 8:30-5pm) or 510-848-1112; TTY: 1-800-804-1616 Phone support, newsletter, information and referrals for disabled parents or parents of disabled children. *Website:* <http://lookingglass.org>

U.S. Equal Employment Opportunity Commission (MULTILINGUAL) 1-800-669-4000; TTY: 1-800-669-6820 Information, speakers, technical assistance, training and referrals re: enforcing ADA and prohibiting discrimination in employment of disabled persons. *Website:* <http://www.eeoc.gov>

University of Montana Rural Institute 1-800-732-0323 (Mon.-Fri., 8am-5pm MST) Provides support, education, research and service for children and adults with disabilities who live in rural areas. Technological services, early intervention, personnel development, research and assistive technology services are available. *Website:* <http://ruralinstitute.umt.edu/>

DISCRIMINATION

Equal Employment Opportunity 1-800-669-4000 (Mon.-Fri., 8am-8pm); TTY: 1-800-669-6820 Investigates allegations of discrimination due to race, creed, age, religion, gender or disabilities. Sponsored by Federal Government. *Website:* <http://www.eeoc.gov>

Office for Civil Rights 1-800-368-1019 (Mon.-Fri., 8:30am-5:30pm EST) Refers people who feel they have been discriminated against. Sponsored by the Dept. of Health and Human Services. *Website:* <http://www.hhs.gov/ocr/>

DOMESTIC VIOLENCE

National Domestic Abuse Helpline for Men and Women 1-888-743-5754 Provides crisis intervention and support services to men and women who are dealing with domestic violence. *Website:* <http://www.dahmw.org>

National Domestic Violence Hotline 1-800-799-7233; TTD: 1-800-787-3224 (24 hr.) Information and referrals for victims of domestic violence. *Website:* <http://www.ndvh.org>

NJ Domestic Violence Hotline (New Jersey) 1-800-572-7233 (24 hr.) Information and referrals for victims or perpetrators of domestic violence. *Website:* <http://www.womanspace.org>

DOWN SYNDROME

National Down Syndrome Society 1-800-221-4602 or 212-460-9330 (Mon.-Fri., 9am-5pm EST) Free packets to new parents, information on education, support groups, medical research, newsletter, phone support, information on conferences. *Website:* <http://ndss.org>

DRUG ABUSE

Addiction and the Family 1-800-488-3784 Provides general information on drug abuse and treatment. Brochures and referrals to crisis counseling. Publications. Affiliated with Phoenix House.

Addictions Hotline of NJ 1-800-238-2333 (voice/TDD) (24 hr.) Crisis counseling, information and referrals for all kinds of drug and alcohol related issues (both prescription and illegal drugs). Sponsored by NJ Division of Narcotics and Drug Abuse, Office on Prevention. *Website:* www.addictionshotlineofnj.org

Community Recovery (New Jersey) 1-800-292-8262 Offers services for veterans who are experiencing problems with drugs or alcohol. The program offers a wide variety of services throughout the state.

Drug Policy Information Clearinghouse 1-800-666-3332 (Mon.-Fri., 10am-6pm EST) Sends out information on drug abuse and publications on national drug policies. *Website:* <http://www.whitehousedrugpolicy.gov>

National Association for Children of Alcoholics 1-888-554-2627 (8:30am-5pm EST) Advocates for children and families affected by alcoholism and other drug dependencies. Helps children hurt by parental alcohol and drug abuse. Newsletter, advocacy, policy making, literature, videos, educational materials. *Website:* <http://nacoa.org>

National Clearinghouse for Alcohol and Drug Information (BILINGUAL) 1-800-729-6686 or 301-468-2600; Spanish: 1-877-767-8432; TDD/TTY: 1-800-487-4889 Information on alcohol, tobacco and drug abuse and prevention. Referrals to treatment centers, research, groups, drugs in the work place, community programs, AIDS and drug abuse. *Website:* <http://ncadi.samhsa.gov/>

National Helpline (*BILINGUAL*) 1-800-662-4357 or 1-800-729-6686 (24 hr.) Referrals to substance abuse treatment centers. Sponsored by Phoenix House. *Website:* <http://www.health.org>

National Council on Alcoholism and Drug Dependence 1-800-622-2255 Provides information on counseling and treatment services for alcohol or drug abuse. Prevention and education programs. Newsletter. *Website:* <http://ncadd.org>

National Inhalant Prevention Center 1-800-269-4237 Provides information and referrals to persons concerned about inhalants. Literature, training and technical assistance. Conducts national inhalant and poisons awareness week. Quarterly newsletter. *Website:* <http://www.inhalants.org>

National PRIDE Youth Programs 1-800-668-9277 (Mon.-Fri., 8:30am-4pm EST) Trains youth volunteers on how to conduct drug prevention education. *Website:* <http://www.prideyouthprograms.org>

DWARFISM

Little People's Research Fund 1-800-232-5773 or 410-747-1100 (Mon.-Fri., 9am-5pm EST) Networks parents together. Referrals (primarily research) and literature on dwarfism. Networks parents together. *Website:* <http://www.iprf.org>

DYSLEXIA / LEARNING DISABILITIES

International Dyslexia Association 1-800-222-3123 or 410-296-0232 (Mon.-Fri., 8:30am-4:30pm EST) Provides information and referrals for persons with dyslexia. *Website:* <http://interdys.org>

National Center for Learning Disabilities 1-888-575-7373 Provides information and referrals for learning disabled adults and children. *Website:* <http://www.ld.org>

Recording For The Blind and Dyslexic (*New Jersey*) 1-866-732-3585 (Mon.-Fri., 8:30am-4:30pm) Information on free cassettes and recorded textbooks and consumer publications to eligible handicapped persons. Information on volunteer programs for recording CDs. Membership \$100/1st year; \$35/yearly thereafter. Worldwide services. *Website:* <http://www.rfbd.org>

EATING DISORDERS

National Eating Disorders Association 1-800-931-2237 (8:30am-4:30pm, Mon.-Fri., PST) Provides information on local professional services and support groups nationwide for persons with eating disorders. Free literature, training, conferences. *Website:* <http://www.myneda.org>

New Jersey Eating Disorders Helpline (*New Jersey*) 1-800-624-2268 (Mon.-Fri., 10am-5pm) Provides information and referrals for dealing with all types of eating disorders. Feel free to leave a message and your call will be returned. *Website:* <http://www.edhelp.com>

EDUCATION

Federal Student Aid Information Center 1-800-433-3243 (Mon-Fri, 8am-midnight; Sat. 9am-6pm EST) Information available regarding student aid. Sponsored by U.S. Dept. of Education. *Website:* <http://www.federalstudentaid.ed.gov>

Goodwill Industries 1-800-741-0186 Provides employment and training services for people with disabilities and other disadvantaging conditions (welfare dependency, illiteracy, criminal history, homeless). *Website:* <http://goodwill.org>

HESAA Hotline, The (*New Jersey*) 1-800-792-8670, TDD: 609-588-2526 (Mon.-Fri., 9am-5pm) Information on colleges and universities, adult evening and Vo-Tech education, financial aid. *Website:* <http://www.hesaa.org>

National Job Corps Information Line (*BILINGUAL*) 1-877-872-5627 (24 hr.) Referrals to job corps training for persons 16-24. Helps persons to earn high school equivalency diplomas. *Website:* <http://www.dol.gov>

ENERGY / UTILITIES

Energy Efficiency and Renewable Energy Clearinghouse 1-877-337-3463 (Mon.-Fri., 9am-5:30pm) Free information on energy efficiency and renewable energy. Answers technical questions. Provides referral to other organizations. Sponsored by Dept. of Energy. *Website:* <http://www.eere.energy.gov>

Lifeline Utility Assistance Program (New Jersey) 1-800-792-9745 (24 hr.) Utility assistance to residents of NJ who are 65+ years old or who are 18 and older and receive Social Security Disability and meet the income eligibility guidelines. Recipients may receive up to \$150. *Website:* <http://www.nj.gov/health/seniorbenefits/services.shtml>

NJ Weatherization and Home Energy Assistance Program (New Jersey) 1-800-510-3102 Provides home weatherization and insulation and heating and cooling assistance to eligible New Jersey residents. *Website:* <http://www.state.nj.us/dca/divisions/dhcr/offices/hea.html>

ENVIRONMENTAL

American Public Information on Environment 1-800-320-2743 (Mon.-Fri., 8:30am-5pm CST) Information, education and aid to families with environmental concerns. *Website:* <http://www.americanpie.org>

Center for Disease Control and Prevention Helpline 1-800-232-4636; TTY: 1-888-232-6348 Provides information on emergency preparedness and response including bioterrorism, chemical emergencies, radiation emergencies, mass casualties, natural disasters, severe weather, recent outbreaks and incidence. *Website:* <http://www.cdc.gov>

Chemical Information Referral Center (BILINGUAL) 1-800-424-9300 Takes reports on emergency personnel (firefighters, police) responding to emergency chemical or other hazardous spills. Companies must call 1-800-262-8200 to register (registration fee is required) and then be eligible to report emergency spills with the referral center. *Website:* <http://www.chemtrec.org>

EPA (Environmental Protection Agency) 1-800-426-4791 (Mon.-Fri., 10am-4pm EST) Provides information on safe drinking water and policy regulations on a variety of environmental concerns. *Website:* <http://www.epa.gov/safewater>

Indoor Air Quality Info Clearinghouse 1-800-438-4318 (Mon.-Fri., 9am-5pm EST) Provides information and referral on indoor air quality, pollutants and sources, health effects, control methods, commercial building operations and maintenance. Sponsored by the EPA. *Website:* <http://www.epa.gov/iaq/>

National Lead Information Center and Clearinghouse (BILINGUAL) 1-800-424-5323 (Mon.-Fri., 9am-5pm EST) Provides information on lead-based paint for the home and safe work practices for renovating. Distributes EPA literature. *Website:* <http://www.epa.gov/lead>

EPILEPSY

Epilepsy Information Service 1-800-642-0500 Answers general questions on epilepsy. Free literature. Conducts workshops, conferences. *Website:* <http://www.wfubmc.edu>

EYE CARE

Eye Care America Seniors: 1-800-222-3937; Diabetes Eye Care: 1-800-272-3937 Glaucoma: 1-800-391-3937; Assists financially disadvantaged persons in obtaining medical eye care. Sponsored by American Academy of Ophthalmology Foundation. *Website:* <http://www.aao.org>

FACIAL DISFIGUREMENT

Children's Craniofacial Association 1-800-535-3643 (Mon.-Fri., 8:30am-4:30pm) Provides information and support for children with craniofacial disfigurement and their families. Makes referrals to doctors and support groups. Disseminates educational booklets. Information on free medical clinics, Cher's Family Retreat, advocacy. *Website:* <http://www.ccakids.com>

FACES: The National Craniofacial Association 1-800-332-2373 (Mon.-Fri. 9am-5pm EST) Dedicated to assisting children and adults with craniofacial disorders resulting from disease, accident or birth. Financial assistance, referrals to support groups, newsletter, information and referrals to services and medical professionals. *Website:* <http://www.faces-cranio.org>

FOOD HANDLING / FOOD CO-OP

Center for Food Safety and Applied Nutrition 1-888-723-3366 (Mon.-Fri., 10am-4pm EST); TTY: 1-800-877-8339 Provides information on food safety, cosmetics and colors, seafood and women's nutritional health. Sponsored by FDA. Website: <http://www.cfsan.fda.gov>

Feeding America 1-800-771-2302 Provides hunger relief through a network of over 200 food banks and food-rescue programs. Website: <http://www.feedingamerica.org>

Meat and Poultry Hotline (BILINGUAL) 1-800-535-4555 OR 1-888-674-6854 (Mon.-Fri., 10am-4pm EST) Answers safe handling questions. Information on food handling. Helps persons understand labels on meat and poultry. Will answer questions about safe handling procedures. Sponsored by US Dept of Agriculture. Website: <http://www.fsis.usda.gov>

Safe Tables Our Priority (S.T.O.P.) 1-800-863-7867 Support, education and advocacy for victims and families of victims of food borne infectious diseases, (E-coli, salmonella listeria, shigella, vibrio vulnificus and many others). Phone and online networking, newsletter and annual meeting. Website: <http://www.safetables.org>

FOOT CARE

Foot Care Information Center (BILINGUAL) 1-800-366-8227 Provides literature and referrals on foot care and podiatric medicine. Sponsored by American Podiatric Medical Association. Referrals to podiatrist. Website: <http://www.apma.org>

GAMBLING

Council on Compulsive Gambling of New Jersey (New Jersey) 1-800-426-2537 (24 hr.) or 609-588-5515 Information to help compulsive gamblers. Referrals to self-help groups, in-patient treatment programs, counseling services, free evaluations for the compulsive gambler. Speakers' bureau. Website: <http://www.800gambler.org>

National Council on Problem Gambling 1-800-522-4700 Information, referrals to support groups and counseling for compulsive gamblers. Website: <http://www.ncpgambling.org>

GASTROINTESTINAL DISORDERS

National Institute of Diabetes and Digestive and Kidney Diseases 1-800-891-5390 (kidney); 1-800-860-8747 (diabetes); 1-800-891-5359 (digestive diseases) (Mon.-Fri., 8:30am-5pm EST) Provides referrals and literature on a broad range of subjects concerning diabetes, digestive disorders, kidney disease, metabolic and endocrine disorders, hematologic diseases and urologic disorders. Website: <http://www.niddk.nih.gov>

GRANTS / FUNDING

Foundation Center Customer Service 1-800-424-9836 Provides information on grant providers and funders. Grant writing for non-profit projects. Offers course on proposal writing. Free library. Website: <http://www.foundationcenter.org>

HEALTH

Alliance for Informed Choice on Vaccinations (New Jersey) 1-800-613-9925 To address the concerns about the safety of vaccines and the right to informed consent. Literature, advocacy and phone help. Website: <http://www.njaicv.org/>

American Board of Medical Specialties 1-866-275-2267 or 847-491-9091 Will tell you if your physician is board certified. Website: <http://www.abms.org>

American Dietetic Association (BILINGUAL) 1-877-877-1600 Information on diet. Referrals to dietitians. Brochures sometimes available. Sponsored by National Center for Nutrition and Dietetics. Website: <http://www.eatright.org>

American Health Assistance Foundation 1-800-437-2423 (Mon.-Fri., 9am-5pm EST) Provides educational information and funds research for Alzheimer's disease, glaucoma, heart disease and macular degeneration. Website: <http://www.ahaf.org>

American Running Association 1-800-776-2732 or 301-913-9517 (Mon.-Fri., 9am-5pm) Information on aerobic sports. Referrals to sports medicine clinics, podiatrists and orthopedists. *Website:* <http://www.americanrunning.org>

CDC Traveler's Health Helpline 1-877-394-8747 Provides information for persons traveling overseas. Includes vaccinations, diseases, safe food and water, traveling with children, persons with special needs, etc. *Website:* <http://www.cdc.gov/travel>

Center for Human Genetics at Duke University Medical Center 1-800-283-4316 (Mon.-Fri., 8am-5pm EST) Provides information on disorders currently under study by the Center for Human Genetics. These include: Alzheimer's, ALS, autism, Bethlehem myopathy, Chiari malformation, CMT, cardiovascular disease, facioscapulohumeral muscular dystrophies, focal segmental glomerulosclerosis, spastic paraparesis, glaucoma, benign intraepithelial dyskeratosis, hypophosphatemic rickets, limb-girdle muscular dystrophy, MS, neural tube defects, osteoarthritis, Parkinson's and tuberous sclerosis. See website for complete list. *Website:* <http://www.chg.duke.edu>

Centers for Disease Control and Prevention 1-800-232-4636 Provides information over the phone on specific diseases. *Website:* <http://www.cdc.gov>

DES Action USA 1-800-337-9288 Information for women who were prescribed DES during pregnancy and their children. Referrals and education for the public and health workers. Quarterly newsletter. *Website:* <http://www.desaction.org/>

FDA Office on Orphan Product Development 1-800-300-7469 Provides referrals for persons who need a rare orphan drug. *Website:* <http://www.fda.gov/orphan>

Health Information (New Jersey) 1-800-367-6543 (Mon.-Fri., 8:30am-6pm) Assistance by professionals who route callers to the appropriate department for information. Information on VA Hospitals, health certificates, shots required for overseas, etc. Sponsored by Dept. of Health and Senior Services. *Website:* <http://www.state.nj.us/health/commiss/contact.shtml>

March of Dimes 1-888-663-4637 Dedicated to decreasing the incidence of birth defects, infant mortality, low birth weight and lack of prenatal care. Provides information, referrals and literature. *Website:* <http://www.marchofdimes.com>

Medicare + Choice Helpline Assistant (BILINGUAL) 1-800-633-4227 Provides information on Medicare, Medigap and health plan options. Publications, audiotapes. Sponsored by federal government. *Website:* <http://www.medicare.gov>

Minority Health Resource Center 1-800-444-6472; TDD: 301-251-1432 Federally-funded library service that provides information and referral to sources on health problems for minorities. *Website:* <http://www.omhrc.gov>

National Center on Complementary and Alternative Medicine 1-888-644-6226 or 301-519-3153; TDD/TTY: 1-866-464-3615 (Mon.-Fri., 8:30am-5pm EST) Provides information on clinical trials and current research projects conducted on alternative medicine. *Website:* <http://www.nccam.nih.gov>

National Health Information Center 1-800-336-4797 (Mon.-Fri., 9-5:30pm EST); 301-468-5960 Helps the public and health professionals locate health information through identification of health, information resources, information and referral systems. Distributes publications and directories on good health and disease prevention topics. *Website:* <http://www.healthfinder.gov>

National Immunizations Information Hotline (BILINGUAL) 1-800-232-4636; TTY: 1-800-232-6348 Information and referrals on immunizations for infants, adults and health care professionals. *Website:* <http://www.cdc.gov/vaccines/>

National Institute for Occupational Safety and Health 1-800-232-4636 or 513-533-8326 Information on all aspects of occupational health and safety. *Website:* <http://www.cdc.gov/niosh>

National Library of Medicine 1-888-346-3656 (Mon.-Fri., 8:30am-8pm; Sat., 9am-5pm EST) Provides information and referrals to help callers research health questions. *Website:* <http://www.nlm.nih.gov>

National Reference Center for Bioethics Literature 1-800-633-3849 (Mon.-Fri., 9am-5pm EST) Provides information via e-mail, websites or mail on bioethical topics. Will do limited searches on special topics. *Website:* <http://bioethics.georgetown.edu/nrc>

National Women's Health Information Center (*BILINGUAL*) 1-800-994-9662; TDD/TTY: 1-888-220-5546 (Mon.-Fri., 9am-6pm) Provides information and referrals for all women's health questions and any questions on breast feeding. *Website:* <http://www.womenshealth.gov>

National Women's Health Resource Center (*BILINGUAL*) 1-877-986-9472 Provides information on women's health issues. Dedicated to helping women make informed decisions about their health. *Website:* <http://www.healthywomen.org>

NJ Family Healthline (*New Jersey*) 1-800-328-3838 (24 hr.) Provides information and referral to programs on family planning, pre-natal care, child health, pediatric HIV infection and special child health care. Information on WIC program which provide nutritional assistance for qualified women with children up to age of 5 years. Sponsored by United Way.

NORD (National Organization for Rare Disorders) 1-800-999-6673 or 203-744-0100 (in Connecticut); TDD: 203-797-9590 (Mon.-Fri., 9am-5pm EST) Information and networking for persons with rare disorders. Literature. *Website:* <http://www.rarediseases.org>

"Su Familia" Health Helpline (*BILINGUAL*) 1-866-783-2645 (Mon.-Fri., 9am-5pm EST) Provides confidential health information to Hispanic patients and their families. Provides bilingual fact sheets for a wide variety of health topics. Sponsored by the Nat'l Alliance for Hispanic Health. *Website:* <http://www.hispanichealth.org>

To Your Health (*New Jersey*) 1-888-838-3180 Provides educational materials and information to residents of New Jersey within the managed care system. Helps the consumer understand their rights under commercial and government sponsored managed care programs. *Website:* <http://www.chlp.org>

UAB Eat Right 1-800-231-3438 (Mon.-Fri., 9am-5pm EST) Information on nutrition and related topics (weight loss and cholesterol). Sponsored by Nutrition Info. Svcs *Website:* <http://main.uab.edu/Sites/eatright/resources/>

Visiting Nurse Association of America 1-888-866-8773 or 617-737-3200 Referrals to local Visiting Nurse Associations. *Website:* <http://www.vnaa.org>

HEART

American Health Assistance Foundation 1-800-437-2423 (Mon.-Fri., 9am-5pm EST) Provides educational information and funds research for Alzheimer's disease, glaucoma and macular degeneration. *Website:* <http://www.ahaf.org>

American Heart Association 1-800-242-8721 (24 hr.) Information on heart health and support groups. *Website:* <http://www.americanheart.org>

Cardiac Arrhythmias Research and Education Foundation, Inc. 1-800-404-9500 (Mon.-Fri., 9am-5pm CST) Support, education and registry for individuals and families affected by long QT syndrome and other genetic arrhythmias. Helps to create community forums for mutual support. *Website:* <http://www.longqt.org>

Texas Heart Institute Heart Information Service 1-800-292-2221 (8am-4pm CST) Answers cardiovascular questions via phone, mail or e-mail. Literature on aneurisms, cholesterol and heart transplants, stroke patients, women and heart disease. Information on support groups. *Website:* <http://www.texasheartinstitute.org>

HOMOSEXUALITY

Gay and Lesbian National Hotline 1-888-843-4564 (Mon.-Fri., 4pm-midnight; Sat., noon-5pm EST) Provides information and referrals for gays, lesbians, transgendered and persons with questions about their sexuality. Information, referrals and peer counseling. *Website:* <http://www.glnh.org>

HOSPICE

Children's Hospice International 1-800-242-4453 (Mon.-Fri., 9am-5pm EST); or 703-684-0330 (volunteer information) Refers patients to hospices and specialists in their areas. Bibliography, manuals. *Website:* <http://www.chionline.org>

Hospice Education Institute 1-800-331-1620 (Mon.-Fri., 9am-4:30pm EST) Provides information and referrals regarding hospice care. *Website:* <http://www.hospiceworld.org>

Hospice Foundation of America 1-800-854-3402 (9am-5pm EST) Provides education and information on hospice care. Sponsors research. Offers teleconference series "Living with Grief" for bereaved families. Audiotapes for clergy. *Website:* <http://www.hospicefoundation.org>

National Hospice and Palliative Care Organization 1-800-658-8898; (*SPANISH*) 1-877-658-8896 (Mon.-Fri., 9am-5pm EST) Information for hospice care for terminally ill persons. Referrals to hospice programs nationwide. *Website:* <http://www.nhpc.org>

HOSPITAL

Believe in Tomorrow Children's Foundation 1-800-933-5470 (Mon.-Fri., 8:30am-5pm EST) Provides retreat housing services to critically ill children and their families. Offers "Hands on Adventures" program for critically ill children. Hospital housing is available for patients at Johns Hopkins Children's Center. *Website:* <http://www.believeintomorrow.org>

Hill Burton Hotline 1-800-638-0742 or 301-443-5656 (Mon.-Fri., 9am-5pm) Using a touchtone phone, caller can get information about free hospital care for eligible persons (low income). Directory of medical centers that are part of Hill Burton program throughout US. *Website:* <http://www.hrsa.gov/hillburton/default.htm>

National Association of Hospital Hospitality Houses 1-800-542-9730 (Mon.-Fri., 9am-5pm EST) Makes referrals to hospital hospitality housing that provide lodging for families of hospital patients and/or hospital outpatients. *Website:* <http://www.nahhh.org>

Shriner's Hospital 1-800-237-5055 (Mon.-Fri., 8am-5pm EST) Information on free hospital care available to children under the age of 18 needing treatment for burns, spinal cord injury, cleft palate or orthopedic care. *Website:* <http://www.shrinershq.org>

HOUSING

Community Connections 1-800-998-9999; Federal Relay Service 1-800-483-2209 Provides information about housing and community development, homeless prevention, first-time homebuyer programs, veterans and low-income housing and HUD. *Website:* <http://www.comcon.org/index.html>

Hope Now Alliance (*BILINGUAL*) 1-888-995-4673 Provides free housing counseling in order to give struggling homeowners relief from overwhelming mortgage payments. Private partnership organized by federal government to help homeowners who are struggling to pay the mortgage find the right solution in order to avoid losing their homes. *Website:* <http://hopenow.com>

Housing and Mortgage Finance Agency (*New Jersey*) 1-800-654-6873 (Mon.-Fri., 8am-5pm) Information on mortgages available to first time home buyers and buyers in targeted areas. Offers low down payment and low interest rate mortgages. *Website:* <http://www.nj-hmfa.com>

National Accessible Apartment Clearinghouse 1-800-421-1221 Maintains a database of over 46,000 accessible apartments nationwide. Helps people with disabilities find accessible apartments. Owners and managers may also use this service to register their accessible units. *Website:* <http://www.naahq.org>

New Jersey Judiciary Foreclosure Mediation Hotline 1-888-989-5277 (Mon.-Fri., 8am-6pm) Program that provides information to qualified homeowners facing foreclosure with free help from housing counselors, attorneys and a neutral mediator to help resolve their home loan delinquency. Homeowners must meet program criteria for assistance. *Website:* <http://www.nj.gov/foreclosuremediation/>

NJ Tenants Foreclosure Rights 1-888-576-5529 (Legal Services of New Jersey) Helpline for renters affected by the foreclosure of their home. Ensures tenants' rights to stay in their home during a foreclosure and after the resale of the property are protected. *Website:* <http://njto.org>

IMMIGRATION

US Citizenship and Immigration Services (*BILINGUAL*) 1-800-375-5283; TTY: 1-800-767-1833 (Mon.-Fri., 8am-10am and 4pm-6pm) Comprehensive information for immigrants including naturalization processes, adjustment of status for permanent residency, travel documents. Also has information on international services and border patrols. *Website:* <http://www.uscis.gov>

IMMUNE DEFICIENCY

Jeffrey Modell Foundation 1-866-463-6474 (24 hr.) Provides information on specific primary immune deficiency diseases. Referrals to major medical centers, psychiatric and social support services. Information on insurance reimbursement. *Website:* <http://www.jmfworld.com/>

IMPOTENCE

Impotence Information Center 1-800-843-4315 Provides free information about the causes and treatments of impotence. This includes brochures and a list of local physicians who treat impotence. *Website:* <http://www.americanmedicalsyste.ms.com>

INCONTINENCE

Incontinence Information Center 1-800-843-4315 Provides free information about the causes and treatments of incontinence. This information consists of brochures and a list of physicians who treat incontinence within the caller's geographic area. *Website:* <http://www.americanmedicalsyste.ms.com>

INSURANCE

Hurricane Insurance Information Center 1-800-942-4242 (24 hr.) Provides general information on hurricane insurance. *Website:* <http://www.americanmedicalsyste.ms.com>

Insurance Information Institute 1-800-331-9146 (9am-4:45pm EST) Provides information on home and auto insurance. Also provides hints and literature on preventing theft and accidents. Has information on organizations which have information on health and life insurance. *Website:* <http://www.iii.org>

New Jersey Family Care Hotline (*MULTILINGUAL*) 1-800-701-0710; TTY: 1-800-701-0720 (Mon. and Thurs., 8am-8pm; Tues., Wed. and Fri., 8am-5pm) Provides information on health insurance to uninsured children and teens up to age 18. *Website:* <http://www.njfamilycare.org>

KIDNEY DISEASE

American Kidney Fund (*BILINGUAL*) 1-800-638-8299 (Mon.-Thurs., 9am-5pm; Fri., 9am-3pm EST) Provides information, referrals and financial assistance to kidney patients. *Website:* <http://www.kidneyfund.org>

Kidney and Urology Foundation of America (*BILINGUAL*) 1-800-633-6628 (Mon.-Fri., 9am-5pm EST) Dedicated to helping persons afflicted with any debilitating kidney, urologic or related diseases. Offers education, information, health fairs, grants, patient scholarships, physician referrals, fellowship and Pediatric Enrichment program. *Website:* <http://www.kidneyurology.org>

National Kidney Foundation (*BILINGUAL*) 1-800-622-9010 (Mon.-Fri., 8:30am-5:30pm EST) Provides education and research information on kidney disease. Referrals to local affiliates. *Website:* <http://www.kidney.org>

LEGISLATION

League of Women Voters (*New Jersey*) 1-800-792-8683 (Mon.-Fri., 8:30am-4:30pm) Provides information regarding voting, New Jersey Government and election information. Membership \$60/yr. *Website:* <http://www.lwvnj.org>

Legislative Information and Bill Room (*New Jersey*) 1-800-792-8630; TDD: 1-800-257-7490 (Mon.-Fri., 8:30am-5pm) Information on the status of bills, calendar and roster. Referrals. Sponsored by NJ Office of Legislative Services. *Website:* <http://www.njleg.state.nj.us>

Project Vote Smart 1-888-868-3762 Non-partisan information about all elected officials and candidates for federal, state and local gubernatorial offices. Website: <http://www.vote-smart.org>

U.S. Government Federal Information Center (BILINGUAL) 1-800-688-9889 (voice) Information about federal government programs and agencies including patents, taxes, jobs, social security, rules and regulations, passports, visas, dept. of states and veteran affairs. Website: <http://www.usa.gov>

LEPROSY

American Leprosy Missions 1-800-543-3135 (Mon.-Fri., 8am-5pm EST) Provides information on projects and programs that fight leprosy in 23 countries. Website: <http://www.leprosy.org>

LIFE-THREATENING ILLNESS

Caring Connections 1-800-658-8898 (Mon.-Fri., 8am-noon EST) Provides information on projects and programs that fight leprosy in 23 countries. Website: <http://www.caringinfo.org>

Catastrophic Illness in Children Relief Fund (New Jersey) 1-800-335-3863 Provides financial assistance to families of children 21 and under who have experienced an illness or condition which is not covered by insurance or any State or Federal program. For medical bills which exceed 10% over the family income. Website: <http://www.state.nj.us/humanservices/cicrf/home/>

Friends of Karen (NJ, NY, CT) 1-800-637-2774 (Mon.-Fri, 9am-5pm) Dedicated to helping families with children affected by life-threatening illnesses. Provides emotional and financial assistance in the NY metropolitan area. Information packets available. Website: <http://www.friendsofkarren.org>

LITERACY

Literacy Volunteers of New Jersey, Inc. (New Jersey) 1-800-848-0048 (Mon.-Thurs., 9am-4pm) Refers callers who read below 5th grade level and persons for whom English is a second language to LVA programs statewide. Also has information on other adult education programs. Refers potential volunteers to LVA training programs. Website: <http://www.nifl.gov>

National Literacy Hotline (BILINGUAL) 1-800-228-8813 (24 hr.) Information and referrals to local literacy programs. Referrals for both volunteers and people needing literacy services. Website: <http://www.nifl.gov>

LUNG DISEASE

Allergy and Asthma Network - Mothers of Asthmatics (BILINGUAL) 1-800-878-4403 Provides emotional support and patient education resources for persons with asthma and allergies. Newsletter. Website: <http://www.aanma.org>

National Jewish Lung Line 1-800-222-5864 (Mon.-Fri., 8:30-4:30pm MST) Information and referrals. Registered nurses answer questions on all types of lung diseases. Referrals to doctors. Free literature. Website: <http://www.njc.org>

Office on Smoking and Health 1-800-232-4636 (24 hr.) Provides information on the affects of tobacco on health, how to stop smoking, second hand smoke and other current topics relating to tobacco. Sponsored by Federal Government. Website: <http://www.cdc.gov/tobacco>

LYME DISEASE

Lyme Disease (New Jersey) 1-800-792-8831 (Mon.-Fri., 8am-5pm) Provides NJ residents with information about Lyme disease. Sponsored by the NJ Dept. of Health.

National Lyme Disease Foundation 1-800-886-5963 (need a touch tone phone) Provides information and referrals for Lyme disease. Education, literature, advocacy. Website: <http://www.lyme.org>

MARRIAGE

Retrouvaille 1-800-470-2230 (leave message with your town and state, a return call may take several days) For couples who have a seriously troubled marriage. Couples spend one weekend together working to save their relationship. Program is volunteer-run by couples whose marriages were saved by their having participated in a

Retrouvaille weekend. The program may have a Catholic priest involved as a resource person for some sessions, it is open to couples of any and no faith. The weekend experience is followed by several weekly support group meetings. Suggested donation is \$350, but Retrouvaille never turns anyone away. Website: <http://www.retrouvaille.org>

MARROW TRANSPLANT

Caitlin Raymond International Bone Marrow Registry 1-800-726-2824 or 508-334-8969 (Mon.-Fri., 8:30am-5pm EST) Comprehensive international resource for patients and physicians conducting a search for unrelated bone marrow or cord blood donor. Website: <http://www.crir.org>

National BMT LINK 1-800-546-5268 (Mon.-Fri., 8:30am-4:30pm EST) Provides information and referral for bone marrow and stem cell transplants for patients, family and professionals. Referrals to support groups. Peer-support, online phone support groups, information on becoming a donor and educational booklets. Website: <http://www.nbmtlink.org>

National Marrow Donor Program 1-800-627-7692, 1-800-654-1247 or 1-800-526-7809 (Mon.-Fri., 8am-6pm CST) Provides information on bone marrow and stem cell transplants and information on becoming a marrow donor. Maintains computerized databank of available tissue-typed marrow donors nationwide. Provides patient advocacy to assist patients through the donor search and transplant process. Website: <http://www.marrow.org>

MENTAL HEALTH

Compeer 1-800-836-0475 (Mon.-Fri., 8:30am-5pm) Provides volunteer "friends" for children and adults who receive mental health treatment. Website: <http://www.compeer.org>

Family Support Resources (New Jersey) 1-866-626-4437 (24 hr.) Automated information line that provides local NJ contacts for Intensive Family Support Services and National Alliance for the Mentally Ill groups. Sponsored by NAMI-NJ. Website: <http://www.naminj.org>

Girl's and Boy's Town National Hotline (BILINGUAL) 1-800-448-3000; TDD: 1-800-448-1833 (24 hr.) Provides crisis intervention, information and referrals for general population. Free and confidential. Short-term crisis intervention. Works with children and families. Website: <http://www.girlsandboystown.org>

Mental Health America 1-800-969-6642; TDD: 1-800-433-5959 (Mon.-Fri., 9am-5pm EST) Provides free information on over 200 mental health topics including bipolar disorder, depression, bereavement, post-traumatic stress disorder and warning signs of mental illness. Referrals to local mental health services. Distributes free national directory of local mental health associations and offers low-cost materials. Advocates to remove stigma of mental illness and for mental health benefits parity. Website: <http://www.mentalhealthamerica.net>

National Alliance for Research on Schizophrenia and Depression 1-800-829-8289 Provides information on schizophrenia, depression and bipolar disorder. Has information on research being conducted on these disorders. Newsletter, literature, brochures. Website: <http://www.narsad.org>

National Institute of Mental Health Information Center 1-866-615-6464 or 301-443-4513 (Mon.-Fri., 8:30am-5pm EST) Provides information and literature on anxiety, phobias, obsessive-compulsive and depression. Leave name and mailing address and they will mail literature to you. Website: <http://www.nimh.nih.gov>

National Mental Health Services Information Center (BILINGUAL) 1-800-789-2647 Makes referrals to many mental health organizations nationwide. Website: <http://www.mentalhealth.samhsa.gov>

NJ Mental Health Cares Helpline (New Jersey) 1-866-202-4357 (Mon.-Fri., 8am-8pm); TTY 877-294-4356 Provides information and referral to all public mental health services in New Jersey. Answers questions regarding mental health and illness. Staffed by mental health professionals. Website: <http://www.njmentalhealthcares.org/>

NJ Psychiatric Association (New Jersey) 1-800-345-0143 (Mon.-Thurs, 9am-1pm) Provides referrals to psychiatrists. Lists by language, geographical areas and problems. Information packets available. Website: <http://www.psychnj.org>

NJ Psychological Association (New Jersey) 1-800-281-6572 or 973-243-9800 (Mon.-Fri., 8:30am-4:30pm) Provides referrals to psychologists in your area by specialty, language, etc. Website: <http://www.psychologynj.org>

State Division of Mental Health Helpline (*New Jersey*) 1-800-382-6717 (Mon.-Fri., 8:30am-5pm) Provides information on state mental health services and takes any complaints about them. *Website:* <http://www.state.nj.us/humanservices/dmhs>

Summit Hospital (*Serves NJ/NY/CT*) 1-800-753-5223 (24 hr.) Information on drug or psychiatric problems. Referrals to community mental health centers. Sponsored by Summit Oaks Hospital. *Website:* <http://www.psychosolutions.com/facilities/summit/>

TARA 1-888-482-7227 or 212-966-6514 Education and advocacy organization. Provides information on borderline personality to families, consumers and providers. Referrals to clinicians, treatment programs and self-help groups. BPD Journal, speakers bureau. Professional conferences, advocacy. *Website:* <http://www.tara4bpd.org>

NJ Children's System of Care (*New Jersey*) 1-877-652-7624 (24 hr.); TDD: 1-866-896-6975 Provides comprehensive information on all emotional, behavioral and mental health services for children up to the age of 18 and their families. *Website:* <http://www.performcarenj.org>

MENTAL RETARDATION – DEVELOPMENTAL DISABILITIES

American Association on Intellectual & Developmental Disabilities 1-800-424-3688 (Mon-Fri, 9am-5pm EST) Provides general information on mental retardation. *Website:* <http://www.aamr.org>

METABOLIC DISORDERS

National Institute of Diabetes and Digestive and Kidney Diseases 1-800-891-5390 (kidney); 1-800-860-8747 (diabetes); 1-800-891-5389 (digestive diseases) Provides referrals and literature on a broad range of subjects concerning diabetes, digestive disorders, [kidney disease](#), [metabolic and endocrine disorders](#), [hematological diseases](#), [urologic disorders](#). *Website:* <http://www.niddk.nih.gov>

NIH Osteoporosis and Related Bone Diseases Resource Center (*MULTILINGUAL*) 1-800-624-2663 or 202-223-0344 (Mon.-Fri., 8:30am-5pm EST); TDD: 202-466-4315 Provides written information to patients, professionals and the public with resources and information on metabolic bone diseases such as osteoporosis, Paget's disease, osteogenesis imperfecta and primary hyperparathyroidism. Annotated bibliography on current research to professionals. *Website:* <http://www.osteoporosis.nih.gov>

World Life Foundation 1-800-289-5433 Provides support, research, information and referrals for persons interested in rare metabolic disorders. Provides air transportation for ambulatory patients who need non-emergency treatment.

MILITARY / VETERANS

Army Community Service/Family Support (*New Jersey*) 1-800-877-2380 (Mon.-Fri., 8am-4:30pm) Military affiliated only. Family advocacy, parent education, employment readiness, relocation assistance, support groups and a wide variety of resources. *Website:* http://www.dixmwr.com/Family_Support/ACS/ACS_Home.htm

Army Wounded Soldier and Family Hotline 1-800-984-8523 (Mon.-Fri., 7am-7pm EST) Offers wounded and injured soldiers and family members a way to seek help to resolve medical issues and to provide an information channel of soldier medically related issues directly to senior Army leadership so they can improve how Army serves the medical needs of soldiers and their families.

Community Recovery (*New Jersey*) 1-800-292-8262 Offers services for veterans who are experiencing problems with drugs or alcohol. The program offers a wide variety of services throughout the state.

Department of Veterans Affairs 1-800-827-1000 (Mon.-Fri., 8-4pm EST) Provides comprehensive information on available programs and services for veterans including pensions, vocational rehab, survivor's benefits, presidential memorial certificates, education programs, home loan programs for dependents. Special programs for disabled, homeless, minority and women veterans. *Website:* <http://www.va.gov/> or <http://www.va.gov/womenvet>

Disabled American Veterans 1-877-426-2838 (8:30am-4:30pm EST) Provides free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the department of Veteran Affairs and other agencies of the government. Guidelines for developing chapters. *Website:* <http://www.dav.org>

Disabled Veterans Assistance Line 1-800-378-4559 ext. 2 Provides assistance and referrals for returning disabled service members, recently medically retired service members and spouses of disabled service members. Supports veterans of Operation Iraqi Freedom, Operation Enduring Freedom, as well as all disabled veterans of other conflicts, campaigns or wars and disabled children.

National Veterans Service Fund, Inc. 1-800-521-0198 (Mon.-Fri., 9am-4pm, EST) Provides social services for Vietnam and Persian Gulf War veterans and their families, focusing on those with disabled children. Provides publications and also offers online bulletin board. *Website:* <http://www.nvsf.org>

Paralyzed Vets of America 1-800-424-8200 (Mon.-Fri., 8:30am-5pm EST); TTY/TDD: 202-872-1300 Information, referral and advocacy for disabled, paralyzed vets. *Website:* <http://www.pva.org>

VA Special Issues Helpline 1-800-749-8387 (8am-4pm CST) Refers Gulf war veterans and veterans affected by Agent Orange with medical problems to local Gulf war and agent orange coordinators at local VA medical centers. Other special issues addressed.

Veterans Affairs Suicide Hotline 1-800-273-8255 (when connected, press 1) (24 hr.) Suicide prevention help for veterans with emotional crisis. Staffed by mental health professionals working with local VA mental health providers to help callers.

Veterans Counseling Hotline (New Jersey) 1-866-838-7654 (24 hr.) Provides peer support, clinical assessment and case management, family resources and referral to a comprehensive mental health network of providers if necessary. Developed by the NJ Department of Military and Veterans Affairs.

Veterans of the Vietnam War, Inc. 1-800-843-8626 (Mon.-Fri., 8-4pm) or 570-603-9740 (general information) Veterans in Conflict with the Law Program: 1-800-843-8626. Membership organization open to all veterans and their supporters. Educates public about post-traumatic stress disorder, veteran health issues, Agent Orange and POW/MIA issues. Maintains a Find-a-Vet locator service. Publishes newsletter. Works with homeless veterans and incarcerated vets. *Website:* <http://www.vvnw.org>

MISSING CHILDREN

Child Find of America Hotline 1-800-426-5678 (Mon.-Fri., 9am-5pm EST) Helps parents to locate children. Helps lost children who need assistance. Also offers support services. All services are free. *Website:* <http://www.childfindofamerica.org>

National Center for Missing and Exploited Children 1-800-843-5678 (24 hr.) Admin: 703-274-3900. Information re: missing and exploited youth. Helps parents locate missing children. *Website:* <http://www.missingkids.com>

Vanished Children Alliance 1-800-826-4743 (24 hr.) Provides emotional support and technical assistance to families of missing children. Case management, search assistance, information and referral and family reunification program. *Website:* <http://www.vca.org>

MULTIPLE SCLEROSIS

Multiple Sclerosis Foundation 1-800-441-7055 or 1-888-673-6287 (Mon.-Fri., 9am-7pm EST) Support services for those diagnosed with multiple sclerosis. Grants for research, information and referrals on traditional and alternative treatments. Online doctors forum. Newsletter. Phone support. *Website:* <http://www.msfocus.org>

MUSCULAR DYSTROPHY

Muscular Dystrophy Family Foundation, Inc. 1-800-544-1213 (Mon.-Fri., 8:30am-3:30pm) Provides services, resources, home medical equipment and adaptive devices to help people with muscular dystrophy and their families. Provides comprehensive direct services. *Website:* <http://www.mdff.org>

NEPHROGENIC DIABETES INSIPIDUS

Nephrogenic Diabetes Insipidus Foundation 1-888-376-6343 Provides information and support to persons affected by nephrogenic diabetes insipidus. *Website:* <http://www.ndif.org>

NEUROLOGICAL IMPAIRMENT

National Institute of Neurological Disorders 1-800-352-9424 (Mon.-Fri., 8:30-5pm EST) Provides information on neurological disorders and stroke. Sponsored by NIH. *Website:* <http://www.ninds.nih.gov>

NICOTINE HELPLINE

NJ Quitline (*New Jersey*) 1-866-657-8677 (24 hr.); TDD: 1-866-257-297 Information and counseling for anyone who has a nicotine addiction. Serves all of New Jersey. Sponsored by NJ State 1998 Master Settlement. *Website:* <http://www.nj.quitnet.com/>

Office on Smoking and Health 1-800-232-4636 (24 hr.) Provides information on the affects of tobacco on health, how to stop smoking, second hand smoke and other current topics relating to tobacco. Sponsored by Federal Government. *Website:* <http://www.cdc.gov/tobacco>

ORGAN DONATION

Children's Organ Transplant Association 1-800-366-2682 (Mon.-Fri., 8am-5pm EST) Provides public education on organ transplants. Assists families in fund-raising for transplant and transplant-related expenses. Assistance for all children and adults with cystic fibrosis who are U.S. citizens in need of an organ transplant. *Website:* <http://www.cota.org>

Living Bank - National Organ and Transplant Registry (*BILINGUAL*) 1-800-528-2971 Provides donor cards, educational materials and referrals to medical schools for persons wishing to donate their bodies after death. *Website:* <http://www.livingbank.org>

National Foundation for Transplants 1-800-489-3863 (Mon.-Fri., 8:30am-4:30pm CST) Provides support services, financial assistance and advocacy to adult and child organ and bone marrow transplant candidates and recipients. Assists in fund-raising activities. *Website:* <http://www.transplants.org>

National Minority Organ Tissue Transplant Education Program 1-800-393-2839 Provides educational information on preventative measures and organ transplants. Referrals to physicians. *Website:* <http://www.nationalmottep.org>

New Jersey Organ and Tissue Sharing Network (*New Jersey*) 1-800-742-7365, 1-800-541-0075 (24 hr. donor referral line) or 973-379-4535 (Mon.-Fri., 8:30am-5pm) Federally-designated, state-certified procurement organization responsible for recovering organs and tissues for NJ residents in need of transplants. Issues donors cards. *Website:* <http://www.sharenj.org>

OSTEOPOROSIS

NIH Osteoporosis and Related Bone Diseases Resource Center (*MULTILINGUAL*) 1-800-624-2663 or 202-223-0344 (Mon.-Fri., 8:30am-5pm EST); TDD: 202-466-4315 Provides written information to patients, professionals and the public with resources and information on metabolic bone diseases such as osteoporosis, Paget's disease, osteogenesis imperfecta and primary hyperparathyroidism. Annotated bibliography on current research to professionals. *Website:* <http://www.niams.nih.gov/bone>

Osteoporosis Helpline 1-888-934-2663 Provides general information and fact sheets on the symptoms, causes and treatment of osteoporosis. Offers referrals to osteoporosis specialists.

PAGET'S

NIH Osteoporosis and Related Bone Diseases Resource Center (*MULTILINGUAL*) 1-800-624-2663 or 202-223-0344 (Mon.-Fri., 8:30am-5pm EST); TDD: 202-466-4315 Provides written information to patients, professionals and the public with resources and information on metabolic bone diseases such as osteoporosis, Paget's disease, osteogenesis imperfecta and primary hyperparathyroidism. Annotated bibliography on current research to professionals. *Website:* <http://www.osteop.org>

Paget's Foundation 1-800-237-2438 or 212-509-5335 (Mon.-Fri., 9am-5pm EST) Information, brochures, patient's guide, doctor referrals, professional packets and newsletter on Paget's disease of the bone, as well as primary hyperparathyroidism. *Website:* <http://www.paget.org>

PARENTING

Healthy Families (New Jersey) 1-800-244-5373 For any new parent who feels alone, frightened or overwhelmed. Offers support, education, links to health care and assistance in helping to meet the family needs. Stays with person as child grows. Services are free and will work with person to be the best parent they can be. Website: <http://www.healthyfamiliesnj.org/>

Kinship Navigator Program (BILINGUAL) (New Jersey) 1-877-816-3211 Information and referrals for a wide range of services designed for caregivers of sisters, brothers or grandchildren. Support group referrals, child care resources, respite, educational issues, custody, medical resources and other legal issues. Website: <http://nj.gov/humanservices/dfd/programs/knp/>

PARKINSON'S

National Parkinson's Foundation 1-800-327-4545 (Mon.-Fri., 9am-5pm EST) Professional will answer any question on Parkinson disease. Website: <http://www.parkinson.org>

Parkinson's Disease Foundation, Inc. 1-800-457-6676 Provides Parkinson's disease research, patient education and advocacy for increased federal funding for individuals with Parkinson's, their families and caregivers. Website: <http://www.pdf.org>

PESTICIDES

National Pesticide Information Center 1-800-858-7378 (7 days / 6:30am-4:30pm PST) Information on most aspects of pesticides. (No information related to antimicrobials i.e. water purifiers, disinfectants, etc.) Brochures available by calling or going to website. Sponsored by EPA. Website: <http://www.npic.orst.edu>

PET LOSS SUPPORT

PetFriends (New Jersey) 1-800-404-7387 (24 hr.) Compassionate phone support, information and referrals to people who have lost or anticipate losing, a pet through death or other separation.

Pet Loss Support Hotline 1-800-565-1526 (Mon.-Fri., 6:30-9:30pm PST) Offers a non-judgmental outlet for people to express their feelings and concerns when faced with difficult times regarding their pets. Staffed by veterinary students with grief training.

POISON

New Jersey Poison Control Centers (New Jersey) 1-800-222-1222 (24 hr.) Emergency helpline that provides information on medication errors, drug overdoses, food poisoning, food safety, etc. Website: <http://www.njpies.org>

POLICE OFFICERS HELPLINE

Cop-to-Cop (New Jersey) 1-866-267-2267 (24 hr.) Serves active and retired policemen and their families. Retired officers and mental health professionals offer callers support. Provides support and referrals to counseling and mental health, substance abuse, partial care and inpatient treatment.

PRESCRIPTIONS, LOW COST

PAAD (Pharmaceutical Assistance) (New Jersey) 1-800-792-9745 (8am-5pm) Financial assistance to the aged (65 or older) or disabled to help pay for medications. Hearing aid assistance also offered. Sponsored by NJ State Pharmaceutical Assistance Program Website: <http://nj.gov/health/seniorbenefits/services.shtml>

Partnership for Prescription Assistance 1-888-477-2669 Mails a directory of various pharmaceutical assistance programs for persons who cannot afford prescriptions on their own. Website: <http://www.pparx.org>

Rx4NJ (A Partnership for Prescription Assistance) (New Jersey) 1-888-793-6765 Information on specific types of discounted or free prescription medications. A no-cost service of NJ pharmaceutical companies. Call or visit their website to answer a few questions. Website: <http://www.rx4nj.org>

Senior Gold Prescription Discount Program (New Jersey) 1-800-792-9745 (Mon.-Fri., 8:30am-5pm) Pharmaceutical assistance to residents of NJ who are (ages 65+); also available to those who are age 18+, receive

social security disability and meet the income eligibility guidelines. Website: <http://www.nj.gov/health/seniorbenefits/seniorgold.shtml>

PREGNANCY / CHILDBIRTH

Antiepileptic Drug Pregnancy Registry (MULTILINGUAL) 1-888-233-2334 (9am-5:00pm EST) Registry of women who are taking antiepileptic drugs and who are pregnant. Helps to determine which medications are associated with increased risks. Physicians are encouraged to refer women. Website: <http://www.aedpregnancyregistry.org>

Family Helpline (MULTILINGUAL) (New Jersey) 1-800-843-5437 (24 hr.) Confidential and untraceable help for teens to talk about all the options available. Refers caller to a local, confidential assistance. Website: <http://www.pa-of-nj.org>

National Abortion Federation 1-800-772-9100 (Mon.-Fri., 8am-9pm; Sat.-Sun., 9am-5pm EST) Information and referrals regarding abortions. Financial aid. Website: <http://www.prochoice.org>

National Hispanic Prenatal Helpline (BILINGUAL) 1-800-504-7081 (Mon.-Fri., 9am-6pm EST) Provides health information on pregnancy, referral to healthcare centers and doctors. Sponsored by the Nat'l Alliance for Hispanic Health. Website: <http://www.hispanichealth.org>

National Life Center, Inc. 1-800-848-5683 (24 hr.) Provides counseling and information for pregnant women. Referrals to testing sites, baby clothes and formula. Website: <http://www.nationallifecenter.com>

New Jersey Safe Haven Infant Protection Act 1-877-839-2339 (24 hr.) Offers a safe haven for a person to voluntarily relinquish their infant under 30 days old. Completely confidential. Also answers questions from the public and offers support to those considering giving up or abandoning their infant. Website: <http://www.njsafehaven.org/>

OTIS (Organization of Teratology Information Services) (MULTILINGUAL) 1-866-626-6847 (Mon.-Fri., 8:30am-4pm PST) Provides local referrals to agencies that provide information concerning prenatal drug, medication, chemical and other potentially harmful exposures. Literature. Website: <http://www.otispregnancy.org/>

Planned Parenthood (BILINGUAL) 1-800-230-7526 Referrals to neighborhood planned parenthood clinics nationwide. Website: <http://www.plannedparenthood.org>

Pregnancy Hotline 1-800-238-4269 (24 hr.) Information and counseling to pregnant women. Referrals to free pregnancy test facilities, foster and adoption centers. Sponsored by Bethany Christian Services. Website: <http://www.bethany.org>

Pregnancy Hotline (National Life Center) 1-800-848-5683 (24 hr.) Free, confidential information for pregnant women, shelters for women and girls, baby clothes, adoption referrals. Website: <http://www.nationallifecenter.com>

Safe Place for Newborns/Newborn Lifeline Network 1-877-440-2229 (24 hr.) Provides referrals to locations where mothers can safely and anonymously take their babies to be placed for adoption. Website: <http://www.safeplacefornewborns.org/>

PROSTATE

Prostatitis Foundation 1-888-891-4200 Provides support and education to men with prostatitis. Encourages research funding. Information and referrals. Newsletter \$1. Website: <http://www.prostatitis.org>

PROSTITUTION

HIPS Hotline 1-800-676-4477 Provides crisis peer counseling and support for persons involved in or affected by, the sex industry. Counseling and information provided for sex workers and their families in a non-judgmental, supportive atmosphere. Website: <http://www.hips.org>

PSYCHIATRIST/PSYCHOLOGIST

New Jersey Psychiatric Association (New Jersey) 1-800-345-0143 (Mon.-Thurs., 9am-1pm) Provides referrals to psychiatrists. Lists by language, geographical areas, problems. Information packets available. Website: <http://www.psychnj.org>

NJ Psychological Association (New Jersey) 1-800-281-6572 or 973-243-9800 (Mon.-Fri., 8:30am-4:30pm) Provides referrals to psychologists in your area by specialty, language, etc. *Website:* <http://www.psychologynj.org>

RADIATION

Center for Disease Control and Prevention Helpline 1-800-232-4636; TTY: 1-888-232-6348 Provides information on emergency preparedness and response including bioterrorism, chemical emergencies, radiation emergencies, mass casualties, natural disasters, severe weather, recent outbreaks and incidence. *Website:* <http://www.cdc.gov>

RAPE / INCEST / SEXUAL ABUSE

National Sexual Violence Resource Center 1-877-739-3895 Provides information and referrals relating to all aspects of sexual violence to persons and agencies. Resources include statistics, research, legal, statutes and prevention. Not for crisis situations. *Website:* <http://www.nsvrc.org>

National Teen Dating Abuse Helpline 1-866-331-9474 (24 hr.); TTY: 1-866-331-8453 Provides support, crisis intervention, problem-solving techniques and referrals for victims of dating abuse ages 13-18, their families and advocates. Limited information and referrals for batterers is available as well. *Website:* <http://www.loveisrespect.org/>

New Jersey Coalition Against Sexual Assault (New Jersey) 1-800-601-7200 (24 hr.) Information and referral. Provides information on services for sexual assault victims and their families. Calls are automatically routed to the caller's local county information services. *Website:* <http://www.njcasa.org>

RAINN (Rape, Abuse and Incest National Network) 1-800-656-4673 (24 hr.) Provides support and confidential crisis counseling for victims of sexual assault. Callers are automatically routed to the crisis center nearest to them. *Website:* <http://www.rainn.org>

REHABILITATION

American Medical Rehabilitation Providers Association 1-800-368-3513 or 1-888-346-4624 Refers callers to rehabilitation hospitals or centers. *Website:* <http://www.amrpa.org/>

Center for Assistive Technologies 1-800-726-9119 (voice/TTY) Provides information on products, technology, resources and services for persons with disabilities. *Website:* <http://www.assistivetech.net>

National Rehabilitation Information Center 1-800-346-2742; TTY: 301-459-5984 (Mon.-Fri., 9am-5pm EST) Library and information center on disability and rehabilitation of all types. Sponsored by U.S. Dept of Education. *Website:* <http://www.naric.com>

REYE'S SYNDROME

National Reye's Syndrome 1-800-233-7393 (Mon.-Fri., 9am-5pm EST) Guidance to families affected by Reye's syndrome. Helps increase public awareness. Fundraising. *Website:* <http://www.reyessyndrome.org>

ROSACEA

National Rosacea Society 1-888-662-5874 Information and educational materials on rosacea. A chronic, acne-like condition of the facial skin. *Website:* <http://www.rosacea.org>

RUNAWAYS

National Runaway Switchboard 1-800-786-2929 (24 hr.) Provides crisis intervention, information and referrals for runaways re: shelter, counseling, food pantries and transportation. Suicide and crisis counseling. Greyhound bus tickets available for qualifying kids. Parents are welcome to call for assistance. *Website:* <http://www.1800runaway.org>

RURAL ISSUES

Rural Information Center 1-800-633-7701 Information on rural issues. Provides brief database searches for free. *Website:* <http://www.nal.usda.gov/ric>

SCLERODERMA

Scleroderma Research Foundation 1-800-441-2873 (Mon.-Fri., 9:30am-5:30pm PST) Provides referrals to doctors and clinics nationwide that treat scleroderma. Conducts research into the cause and cure of scleroderma. *Website:* <http://www.srfcure.org>

SELF ABUSE

SAFE (Self-Abuse Finally Ends) Alternative Info Line 1-800-366-8288 (Mon.-Fri., 8am-4pm CST) Provides recorded information on dealing with self-abuse and self-mutilation and treatment options. *Website:* <http://www.selfinjury.com>

SEXUALLY TRANSMITTED DISEASES

American Social Health Association (BILINGUAL) 1-800-227-8922 or 919-361-8488 (Mon.-Fri., 9am-6pm EST) Provides information, materials and referrals concerning sexually transmitted infections. Specialists will answer questions via phone or e-mail on transmission, risk reduction, prevention, testing and treatment. *Website:* <http://www.ashastd.org> or <http://www.iwannaknow.org> (for teens)

CDC National Prevention Information Network (BILINGUAL) 1-800-458-5231 (Mon.-Fri., 9am-8pm EST); TTY: 1-800-243-7012 or 919-361-4892 Provides information on resources and support groups, educational materials and business and labor responses to AIDS, sexually transmitted diseases and tuberculosis, via touch tone phone. Many different services, publications offered. *Website:* <http://www.cdcnpin.org>

CDC National STD/AIDS Hotline (BILINGUAL) 1-800-232-4636 (24 hr.) TTY: 1-800-232-6342 (24 hr.) Education and research about AIDS, HIV and sexually transmitted diseases. *Website:* <http://www.cdc.gov>

SOCIAL SECURITY

National Organization of Social Security Claimant's Reps 1-800-431-2804 (Mon.-Fri., 9am-5:30pm EST) Provides referrals to social security lawyers who assist claimants in getting social security. *Website:* <http://www.nosscr.org>

NJ WINS (Work Incentive Programs) (New Jersey) 1-877-659-4672 or 1-888-322-1918 Enables social security administration beneficiaries with disabilities to make informed choices about work and assist them in exploring work incentives that are available. *Website:* <http://www.njwins.org>

Social Security 1-800-772-1213; TTY: 1-800-325-0778 (Mon.-Fri., 7am-7pm EST) Provides information on all aspects of social security, supplemental security income and Medicare. Can speak with a person or use touch-tone phone to hear messages *Website:* <http://www.socialsecurity.gov>

SPINAL CORD INJURY

Christopher and Dana Reeve Paralysis Resource Center (MULTILINGUAL) (New Jersey) 1-800-539-7309 Information and referrals. Publishes a free book "Paralysis Resource" for consumers. Available in English or Spanish. *Website:* <http://www.paralysis.org>

Foundation for Spinal Cord Injury Prevention, Care and Cure 1-800-342-0330 Dedicated to the prevention, care and cure of spinal cord injuries through public awareness, education and funding research. Free counseling for victims and their families. Networking of patients and families. *Website:* <http://www.fscip.org>

National Spinal Cord Injury Hotline (BILINGUAL) 1-800-962-9629 (Mon.-Fri., 9am-5pm EST) Information, referral and peer support for spinal cord injured persons and their families. *Website:* <http://www.spinalcord.org>

Paralyzed Vets of America 1-800-424-8200; TTY/TTD: 202-872-1300 (Mon.-Fri., 8:30am-5pm EST) Information, referral and advocacy for disabilities, paralyzed vets. *Website:* <http://www.pva.org>

STUTTERING

Stuttering Foundation of America 1-800-992-9392 or 1-800-967-7700 (9am-5pm EST) Information and referrals for stutterers and those who treat stutterers. Phone support, conferences. Maintains a nationwide referral list of speech pathologist that specialize in stuttering. *Website:* <http://www.stutteringhelp.org>

SUDDEN INFANT DEATH SYNDROME

American SIDS Institute 1-800-232-7437 (24 hr.) Dedicated to the prevention of sudden infant death syndrome. Promotes infant health through research. Education and support for families. *Website:* <http://www.sids.org>

First Candle/SIDS Alliance 1-800-221-7437 (24 hr.) Information for parents looking for ways to help their infants thrive. Also for parents who have lost an infant to SIDS. Information on medical research, referrals to local support groups, referrals to community services, education. *Website:* <http://www.firstcandle.org>

SUICIDE PREVENTION

Suicide Prevention Helpline (*BILINGUAL*) 1-800-784-2433 or 1-800-273-8255; TTY: 1-800-799-4889 National suicide prevention line that routes callers to a local or regional suicide crisis hotline. *Website:* <http://www.suicidology.org>

SURGERY

American Society of Plastic Surgeons 1-800-635-0635 Referrals to plastic surgeons. Information on particular plastic surgeons as to their particular qualifications. *Website:* <http://www.plasticsurgery.org>

TAXES

IRS Federal Tax Information 1-800-829-1040 (24 hr.) Provides information regarding federal tax questions, problems and refund information (30 day waiting period for written requests.) *Website:* <http://www.irs.gov>

NJ Tax Talk (*New Jersey*) 1-800-323-4400 or 609-292-6400 (Mon.-Fri., 8:30am-4:30pm) Provides status of refunds and at certain times of the year status of Homestead Rebate applications, order forms and publication or listen to recorded tax topics. *Website:* <http://www.state.nj.us/treasury/taxation>

TRANSPORTATION

ACCESS LINK (*New Jersey*) 1-800-955-2321; TTY: 1-800-955-6765 Provides people with disabilities paratransit service comparable to the local bus service. Specifically for people whose disability prevents them from using existing local bus service. Website: http://www.njtransit.com/tm/tm_servlet.srv?hdmPageAction=AccessLinkTo

Air Ambulance Central 1-800-843-8418 (24 hr.) Will fly patients from anywhere for needed medical services.

Air Charity Network 1-877-621-7177 Provides referrals to 1200 volunteer pilots who will fly needy patients for medical care. Website: <http://www.aircharitynetwork.org>

American Red Cross 1-800-733-2767 (Mon.-Fri., 8am-5pm EST) Provides disaster relief, emergency, health, safety and community services. Website: <http://www.redcross.org>

Miracle Flights for Kids 1-800-359-1711 (Mon.-Thurs., 7:30am-6pm PST) Arranges airplane travel for children and adults with healthcare problems. Need doctor's note and 16 days notice. Website: <http://www.miracleflights.org>

National Patient Travel Center 1-800-296-1217 (24 hr.) Information and referral for persons who need cost effective transportation for specialized treatment after an illness or accident. Fax: 757-318-9107 Website: <http://www.patienttravel.org>

World Life Foundation 1-800-289-5433 Provides support, research, information and referrals for persons interested in rare metabolic disorders. Provides air transportation for ambulatory patients who need non-emergency treatment.

TRAUMA

American Red Cross 1-866-438-4636 (24 hr.) Provides disaster relief, emergency, health, safety and community services. Website: <http://www.redcross.org>

American Trauma Society 1-800-556-7890 or 301-574-4300 (Mon.-Fri., 8:30am-4:30pm EST) Provides referrals and educational materials on the prevention of physical traumas. Website: <http://www.amtrauma.org>

Center for Disease Control and Prevention Helpline 1-800-232-4636; TTY: 1-888-232-6348 Provides information on emergency preparedness and response including bioterrorism, chemical emergencies, radiation emergencies, mass casualties, natural disasters, severe weather, recent outbreaks and incidence. Website: <http://www.cdc.gov>

Think First Foundation/National Injury Prevention 1-800-844-6556 (Mon.-Fri., 8:30am-5pm CST) Aims to prevent brain, spinal cord and other traumatic injuries through education and training. Information for children and teens. Website: <http://www.thinkfirst.org>

UROLOGIC DISEASES

American Urological Association Foundation 1-800-828-7866; 1-866-746-4282 (US only) or 410-689-3700 (Mon.-Fri., 8:30am-5pm EST) Educational information for patients and others interested about urological diseases. Website: <http://www.auafoundation.org>

Kidney and Urology Foundation of America (*BILINGUAL*) 1-800-633-6628 (Mon.-Fri., 9am-5pm EST) Dedicated to helping persons afflicted with any debilitating kidney, urologic and related diseases. Offers education, information, health fairs, grants, patient scholarships, physician referrals, fellowship and Pediatric Enrichment program. Website: <http://www.kidneyurology.org>

National Institute of Diabetes and Digestive and Kidney Diseases 1-800-891-5390 (kidney); 1-800-860-8747 (diabetes); 1-800-891-5389 (digestive diseases) Provides referrals and literature on a broad range of subjects concerning diabetes, digestive disorders, kidney disease, metabolic and endocrine disorders, hematological diseases, urologic disorders. Website: <http://www.niddk.nih.gov>

VACCINATIONS

Alliance for Informed Choice on Vaccinations (*New Jersey*) 1-800-613-9925 Addresses the concerns about the safety of vaccines and the right to informed consent. Literature, advocacy and phone help. Website: <http://www.njaicv.org/>

Center for Disease Control and Prevention (*BILINGUAL*) 1-800-232-4636 Provides information on health related topics, vaccinations, traveler's health, grants, genetics, hoaxes, rumors and emergency responses. Information is available via the phone or online. Website: <http://www.cdc.gov>

WELFARE

Division of Family Development (*New Jersey*) 1-800-792-9773 (Mon.-Fri., 8am-4:30pm) Information on welfare and food stamps. Sponsored by Dept. of Human Services. Website: <http://www.state.nj.us/humanservices/dfd/home/index.html>

Goodwill Industries 1-800-741-0186 Provides employment and training services for people with disabilities and other disadvantaging conditions (welfare dependency, illiteracy, criminal history, homeless). Website: <http://www.goodwill.org>

WISH GRANTING FOR ILL CHILDREN

A Special Wish Foundation 1-800-486-9474 (Mon.-Fri., 9am-4:30pm EST) Grants wishes to children with terminal illnesses or life threatening disorders. Website: <http://www.spwish.org>

Children's Wish Foundation International 1-800-323-9474 (Mon.-Fri., 8:50am-5pm EST) Grants wishes to terminally ill children up to age of 18. Website: <http://www.childrenswish.org>

Dream Factory 1-800-456-7556 (Mon.-Fri., 8am-4pm EST) Grants dreams for children with a life threatening or critical chronic illness. Website: <http://www.dreamfactoryinc.org/>

Give Kids the World Foundation 1-800-995-5437 or 407-396-1114 (24 hr.) Offers a 51-acre, non-profit resort for use by children with life-threatening illnesses whose one wish is to visit Central Florida's best-loved attractions. Website: <http://www.gktw.org>

Make-A-Wish Foundation 1-800-722-9474 (Mon.-Fri., 7am-4pm MST) Grants wishes to children with serious illnesses or life threatening medical conditions. Website: <http://www.wish.org>

Starlight Children's Foundation 1-800-274-7827 (Mon.-Fri., 9am-5pm PST) Grants wishes for seriously ill children. Also provides a variety of in-hospital services that focus on distraction entertainment. Website: <http://www.starlight.org>

WOMEN

North American Menopause Society 1-800-774-5342 Provides free packet of information on menopause. Referrals to clinicians and discussions groups. Website: <http://www.menopause.org>

Women's Health (*BILINGUAL*) 1-800-994-9662; TTY: 1-888-220-5446 (Mon.-Fri., 9am-5pm) Provides information and referrals for all women's health questions and any questions on breastfeeding. Website: <http://www.womenshealth.gov>

Women's Health Resource Center (*New Jersey*) (Mon.-Fri., 9am-5pm) Information and resources about health concerns. By talking with staff, consumers will learn the key questions and issues to discuss with their physicians/health care professionals. Website: <http://www.healthywomen.org>

Women's Referral Central (*New Jersey*) 1-800-322-8092 (24 hr.) Information and referrals on any issues concerning women. Education, homelessness, child support, custody, personal growth, domestic violence, etc. Website: <http://www.nj.gov/dca/dow/wrch.shtml>

YOUTH

2ND FLOOR Youth Helpline (*New Jersey*) (*BILINGUAL*) 1-888-222-2228 (24 hr.) Youth helpline for kids (ages 10-24) to call and discuss whatever is on their minds. Message board and resources. Website: <http://www.2ndfloor.org>

Children's Defense Fund 1-800-233-1200 (Mon.-Fri., 9am-5pm CST) Advocacy for children who cannot speak for themselves. Emphasis on low income and disabled children. Develops prevention programs to help children. Training seminars to develop Confident Kids Support Groups. Website: <http://www.childrensdefense.org>

Girl's and Boy's Town National Hotline (*BILINGUAL*) 1-800-448-3000; TDD: 1-800-448-1833 (24 hr.) Provides crisis intervention, information and referrals for general population. Free, confidential. Short-term crisis intervention. Works with children and families. *Website:* <http://www.girlsandboystown.org>

NineLine 1-800-999-9999; (24 hr.) Nationwide crisis/suicide hotline. Referrals for youth or parents regarding drugs, domestic violence, homelessness, runaways, etc. Message relays, reports of abuse. Helps parents with problems with their kids. If all counselors are busy, stay on line and one will be with you as soon as possible. Sponsored by Nine Line/Covenant House. *Website:* <http://www.covenanthouse.org>

Safe Sitter 1-800-255-4089 (Mon.-Fri., 8am-4:30pm) Trains adolescents 11-13 on how to be effective baby sitters. *Website:* <http://www.safesitter.org>

If you find an error, change or addition, please e-mail Wendy or call the Clearinghouse at 1-800-367-6274 or 973-989-1122.

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