

PEOPLE HELPING PEOPLE

Across the nation, an increasing number of self-help groups are being created, bringing people who share a common problem together to help one another. These nonprofit "mutual-help" groups, run primarily by and for their members, deal with a myriad of human problems.

"YOU ARE NOT ALONE"

People facing new or stressful situations often feel that they are all alone in struggling with their problems. Contact with others who face similar problems can provide relief, support and practical information to overcome or cope with the situation. Self-help groups assist through their meetings, phone networks, and newsletters.



AN UNTAPPED ENERGY SOURCE

Professionals are increasingly recognizing the value of these voluntary groups. The President's Commission on Mental Health, the U. S. Surgeon General and others have noted that self-help groups constitute an important but untapped community resource.

NEEDS FOR "NETWORKING"

While the number and variety of self-help groups is increasing, most have a low degree of visibility. People who could benefit from joining a group often do not know about existing groups. Moreover, those individuals and professionals who could help create many more groups, lack information on models and techniques.



CLEARINGHOUSE SERVICES

- * **Information and referral** on the hundreds of self-help mutual-aid groups in New Jersey and model groups outside of the State.
- * **Assistance in initiating or facilitating** self-help groups provided to interested lay persons and professionals.
- * **Workshops** to present self-help models, discuss issues and provide opportunities to learn from one another.
- * **Consultation** to existing self-help groups.
- * **Education services** to promote public and professional awareness of the variety, functions, and benefits of self-help groups.

**To Contact The
Clearinghouse For
Information And
Assistance, Call**

800-452-9790

Weekdays, 9 AM - 5 PM



HEARD OF A NEW GROUP? CALL US.

While we try to maintain comprehensive listings, some groups may not have come to our attention. Omission of a group from our listings does not signify disapproval, nor does the provision of information on a group imply an endorsement of its purpose or quality.

THE SELF-HELP CLEARINGHOUSE OF NEW JERSEY
IS A PROJECT OF
ST. CLARE'S COMMUNITY MENTAL HEALTH CENTER
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DIVISION OF MENTAL HEALTH AND HOSPITALS

A GROUP FOR ALL REASONS ...

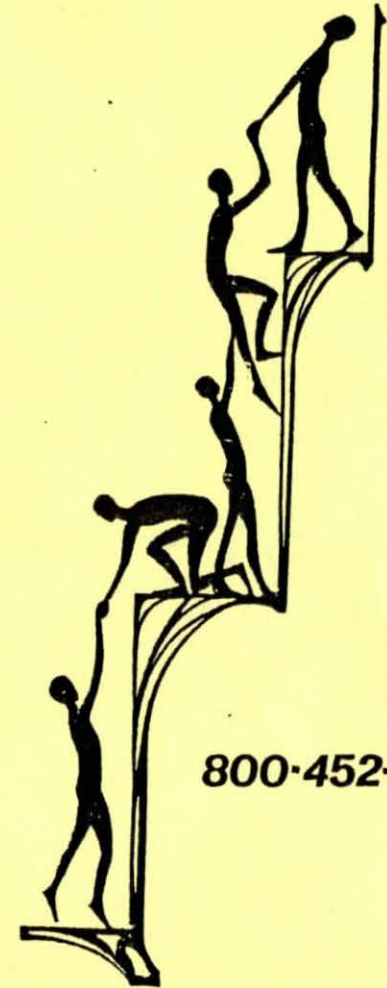
Adoptees (seeking birthparents)
Adoptive parent groups
Alcoholics or their families
Anorexic Self-Help Groups
Arthritis Clubs
Batterers Anonymous
Birthparents
Burns Recovered
Cancer groups
Cesarean Parents
Compassionate Friends
(loss of child)
Compulsive gamblers
Debtors Anonymous
Disabled - many groups
and
Divorced & Separated
Emotions Anonymous
Emphysema Anonymous
Epilepsy groups
Families Anonymous (drug abuse)
Families of the mentally-ill
Grandparents Anonymous
Hemodialysis patients
LaLeche League mothers
Make Today Count
(life threatening illness)
Mended Hearts (heart surgery)
Men's groups
Mothers' Centers
Multiple Sclerosis groups
Narcotics Anonymous
and
Overeaters Anonymous
Parents groups - many types
Pills Anonymous
Prison Families Anonymous
Recovery, Inc. (mental health)
Remarried, Inc.
Resolve (infertility)
Single parents
Speak Easy (stutterers)
Stepparents
Stroke Clubs
Tay-Sachs Parent Network
Twins & Triplet Mothers Clubs
Unemployed
Vietnam veterans
Widowed person's groups
Women's groups
Young Widowed Parents
and many others....

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NEW JERSEY SELF-HELP CLEARINGHOUSE



800-452-9790

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