SUPPORT CLEARINGHOUSE DIRECTORY

Help in Starting a Support Group

Updated August 2005

There is a wide range of resources available for parents or individuals who want to find or form a local support group. There are not-for-profit, self-help clearinghouses in nearly every area.

These organizations often know what groups are available and which ones are nearest, ranging from groups affiliated with a national organization to those organized by local hospitals or other organizations.

Nearly all of these clearinghouses provide resources if a parent, teacher, social worker or medical professional is interested in starting a group. Many provide free consultation services, additional resource materials and training workshops. Some can even publicize a new group through databases, websites and newsletters.

There is a list of self-help clearinghouses available on the web at: http://www.selfhelpgroups.org. This site also lists self-help organizations in every state in the United States, every province and territory in Canada and in numerous countries through the following site: http://www.mentalhelp.net/selfhelp

Another site providing assistance to self-help groups can be found at: http://www.selfhelpweb.org

NOTE: If you are unable to find a self-help clearinghouse in your area/state, please contact PKIDs at pkids@pkids.org or 877-55-PKIDS for further assistance.

ARIZONA

Self-Help Umbrella (Central Arizona) — Founded 1987. Information and referrals to support groups. Assistance in starting groups. Publishes yearly directory $5. Write: Self-Help Umbrella, P.O. Box 97251, Phoenix, AZ 85060-7251. Call: 602-231-0868. E-mail: umbrella-az@juno.com Website: http://azhoi.com/hoiazsupportgroups.html

CALIFORNIA

Mental Health Association — Founded 1946. Provides training and technical assistance to people starting new groups. Collects data on existing groups. Conducts community education about self-help. Identifies the need for new groups. Write: MHA, 9719
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Lincoln Village Dr., Suite 407, Sacramento, CA 95827. Call: 916-366-4600. Fax: 916-855-5448. E-mail: information@mha.org

Self-Help Connection (San Diego County) — Provides information and referral to over 600 free or low cost support groups in San Diego County. Literature for persons who are interested in starting and maintaining support groups. Publishes yearly directory. Write: Self-Help Connection, c/o Mental Health Assn., San Diego County, 2047 El Cajon Blvd., San Diego, CA 92104-1091. Call: 619-543-0412. Fax: 619-543-0748. Website: http://www.mh-asd.org E-mail: info@mhasd.org

SHARE! (Self-Help And Recovery Exchange) (Los Angeles) — Provides information and referrals to self-help groups in Los Angeles county. Technical assistance for new and ongoing self-help group meetings. Provides meeting space for groups. Verification of self-help meeting attendance for court or other purposes. Director: Ruth Hollman. Write: SHARE!, 5521 Grosvenor Blvd., Los Angeles, CA 90066. Call: 1-877-742-7349 or 310-305-8878 (Mon-Fri, 9am-6pm PT; 24 hour voice mail with information on the most requested groups). Website: http://www.shareselfhelp.org E-mail: ruth@shareselfhelp.org

Friends Are Good Medicine (Stanislaus County) — Founded 1986. Provides information and referral to local self-help groups. Publishes a directory of local self-help groups, which is downloadable at www.co.stanislaus.ca.us (at bottom of Hotlinks on left, click on "Other Resources/Links", then under "Health and Human Services" click on "Friends Are Good Medicine"). Write: Friends Are Good Medicine, 800 Scenic Dr., Modesto, CA 95350. Call: 209-525-6239. Fax: 209-525-5361. E-mail: chowlett@mail.co.stanislaus.ca.us

CONNECTICUT


HAWAII

United Self-Help — Provides information and referrals to self-help groups. Assists
persons in starting new groups. Write: United Self-Help, 277 Ohua St., Honolulu, HI 96815. Call: 1-866-866-4357 or 808-926-0466. Fax: 808-926-1651. E-mail: director@unitedselfhelp.org Website: http://www.unitedselfhelp.org

ILLINOIS

Self-Help Center (Champaign and surrounding Counties) — Founded 1988. Information and referral to local support groups. Provides assistance in starting support groups, how-to materials, training workshops, directory, specialized group listings, newsletter, consultation to existing groups, and library of self-help literature. Guidelines available to help start support groups. Write: Self-Help Center, c/o Family Service, 405 S. State St., Champaign, IL 61820-5196. Call: 217-352-0099. Fax: 217-352-9512. TDD: 217-352-0160. E-mail: selfhelp@prairienet.org Website: http://www.prairienet.org/selfhelp

Illinois Self-Help Coalition (Statewide) — Provides assistance in starting groups, training workshops, consultation to existing groups, how-to materials, conferences, speakers bureau, directory of support groups. Write: Illinois Self-Help Coalition, 3200 N. Lake Shore Drive, Suite 1406, Chicago, IL 60657. Call: 773-857-5901 (Mon., Thur., Fri., 12-4pm). Fax: 773-857-5902. E-mail: DIPeace@aol.com Website: http://www.selfhelp-illinois.org

KANSAS

Self-Help Network — Provides information and referral to self-help groups. Offers technical assistance and consultation to existing groups or persons interested in starting groups. Community education, training workshops and conferences on self-help, and self-help group leader handbook. Publishes directory of groups. Conducts research. Write: Self-Help Network, Wichita State University, Box 34, 1845 Fairmount, Wichita, KS 67260-0034. Call: 1-800-445-0116 (in KS) or 316-978-3843. Fax: 316-978-3593. E-mail: selfhelpnetwork@wichita.edu Website: http://www.selfhelpnetwork.wichita.edu

MICHIGAN

MISSOURI

St. Louis Self-Help Clearinghouse — Founded 1947. Provides information and referral to all types of support groups in the St. Louis area. Helps interested persons to start support groups. Provides consultation and technical assistance to new and existing groups. Directory available. Write: St. Louis Self-Help Clearinghouse, c/o MHA of Greater St. Louis, 1905 S. Grand, St. Louis, MO 63104. Call: 314-773-1399. Fax: 314-773-5930. E-mail: mhagstl@aol.com Website: http://www.mhagstl.org

NEBRASKA

Nebraska Self-Help Information Services — Founded 1964. Provides information and referral to support groups. Offers assistance to new and existing groups. Acts as an answering service to groups. Presentations can be arranged for schools and other interested organizations. Write: Nebraska Self-Help Info. Svcs., Barbara Fox, 1601 Euclid Ave., Lincoln, NE 68502. Call: 402-476-9668. Fax: 402-434-3972. E-mail: antlerscenter@yahoo.com

NEW JERSEY

New Jersey Self-Help Clearinghouse — Provides information and referrals to over 4500 self-help support groups statewide. Offers free assistance to new and existing groups. Various workshops, conferences offered. Publishes comprehensive directory of support groups. Write: New Jersey Self-Help Clearinghouse, 100 E. Hanover Ave., Suite 202, Cedar Knolls, NJ 07927-2020. Call: 1-800-367-6274 (in NJ) or 973-326-6789. Fax: 973-326-9467. E-mail: njshc@cybernex.net Website: http://www.njgroups.org

NEW YORK

New York City Self Help Center — Information and referrals to support groups in the five boroughs (Manhattan, Bronx, Staten Island, Queens, and Brooklyn). Assistance to new and developing groups. Write: NYC Self-Help Center, 850 7th Ave., Suite 1201, New York, NY 10019. Call: 212-586-5770. Fax: 212-399-2475.

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NY, 10603. Call: 914-761-0600 ext. 308. Fax 914-761-5859. E-mail: lrosenbaum@wjcs.com

Long Island Self-Help Clearinghouse — Provides referrals to local support groups. Assistance to new and existing groups. Coordinator: Eileen Giannetti. Write: Long Island Self-Help Clearinghouse, c/o NY College of Osteopathic Medicine, NY Institute of Technology, Northern Blvd., Old Westbury, NY 11568. Call: 516-626-1721. Fax: 516-686-7890. E-mail: egiannet@nyit.edu


Self-Help Resource Center (Broome County) — Founded 1998. Information and referrals to local self-help groups. Maintains an updated database and publishes a directory of local self-help groups. Presents free consumer conferences designed to educate public about psychiatric diagnoses and self-help methods for symptom management. Presents ongoing workshop series which offers a variety of topics including artistic expression, community involvement, leadership and wellness. Assistance provided to start support groups. Write: Self-Help Resource Center, c/o MHA, 82 Oak St., Binghamton, NY 13905. Call: 607-771-8888. Fax: 607-771-8892. E-mail: lise.fiato@yourmha.com Website: http://www.yourmha.com

Self-Help Clearinghouse of Cattaraugus County — Provides information and referral to local support groups in Cattaraugus County. Offers assistance in starting new groups. Provides assistance with utility payments, disaster funding and assistance (14 hrs), various health and safety training classes, monthly blood drives, and military emergency service (24 hrs). Write: Self-Help Clearinghouse of Cattaraugus County, c/o American Red Cross, Greater Buffalo Chapter, 452 N. Barry St., Olean, NY 14760-2612. Call: 716-372-5800.

Mental Health Association of Monroe County — Provides information and referrals to local support groups. Assistance in starting new groups, training workshops, how-to materials. Consultation to existing groups, directory of local groups published online. Write: MHA, 339 East Ave., Suite 201, Rochester, NY 14604. Call: Debra Sponable 585-325-3145, x18. Fax: 585-325-3188. Website: http://www.mharochester.org
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The Self-Help Clearinghouse (Rockland County) — Founded 1951. Information and referral concerning self-help groups. Provides consultation and assistance to new groups that are forming. Publishes newsletter, self-help group directory ($3). Offers assistance in starting support groups. Write: Self-Help Clearinghouse, c/o MHA of Rockland County Inc., 20 Squadron Blvd., New City, NY 10956. Call: 845-639-7400 x22. Fax: 845-639-7419. E-mail: lhilton@mharockland.org Website: http://www.mharockland.org

Institute for Human Services/HELPLINE (Steuben, Allegany and Chemung Counties) — Founded 1984. Information and referrals to local services and agencies, as well as local support groups. Provides assistance to new and existing self-help groups. Also acts as 24-hour crisis and referral line. Newsletter, information and referral, self-help clearinghouse. Write: Institute for Human Svcs., 6666 County Rd. 11, Bath, NY 14810-7722. Call: 1-800-346-2211 (in NY), 607-776-9467 (Admin) or 607-776-9604 (HELPLINE). Fax: 607-776-9482. E-mail: helpline@ihsnet.org Website: http://www.ihsnet.org

NORTH CAROLINA

SupportWorks — Provides information and referral to support groups in Mecklenburg County area. Networks persons seeking mutual support. Provides consultation to people developing face-to-face and telephone conference groups. Publications, including "Power Tools" on starting groups. Write: SupportWorks, 500 Morehead St., Suite 222, Charlotte, NC 28202-2694. Call: 704-331-9500 (group information) or 704-377-2055 (Director). Website: http://www.supportworks.org

OHIO

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The Greater Toledo Self-Help Network — Provides information and referrals to local self-help groups. Assists area professionals in locating groups for their clients. Provides consultation to new and existing groups, offers training workshops, and how-to guidelines on starting a support group. Coordinator: Tracy Lustic. Write: Greater Toledo Self-Help Network, c/o Harbor Behavioral Health Care, 4334 Secor Rd., Toledo, OH 43623. Call: 419-475-4449. Fax: 419-479-3832. Website: http://www.harbor.org

PENNSYLVANIA

Self-Help Information Network Exchange (SHINE) (Lackawanna County) — Provides information and referral to support groups in northeastern Pennsylvania. Sponsors workshops and special events for self-help advocates. Brochure. Community resource library. Write: SHINE, 538 Spruce St., Suite 420, Scranton, PA 18503. Call: 570-961-1234 (24 hrs) or 570-347-5616 (Admin). Fax: 570-341-5816. E-mail: shine@vacnepa.org Website: http://www.vacnepa.org


TENNESSEE

Mental Health Association of East Tennessee — Information and referral regarding self-help groups in eastern Tennessee. Consultation for persons interested in starting new groups and training for self-help group leaders. Publishes directory of local support groups. Write: MHA of East Tennessee, P.O. Box 32731, Knoxville, TN 37930-2731. Call: 865-584-9125. Fax: 865-824-0040. E-mail: info@mhaet.com Website: http://www.mhaet.com
SUPPORT CLEARINGHOUSE DIRECTORY

TEXAS


NATIONAL CLEARINGHOUSES


INTERNATIONAL

CANADA

ALBERTA

BRITISH COLUMBIA
Self-Help Resource Association of British Columbia (Vancouver) — An umbrella

NEW BRUNSWICK
Community Health Promotion Network Atlantic (New Brunswick) — Shares health promotion information among individuals, groups and communities in Atlantic, Canada. Write: Community Health Promotion Network Atlantic, Suite 129, Unit 50, Hamlyn Plaza, St. Johns, Newfoundland, A1L 1J7, Canada. Call: 1-866-872-4762 (Canada only) or 709-782-2291 (Outside Canada). Fax: 709-782-1670. E-mail: chpna@chpna.org Website: http://www.chpna.ca
INFO-line (New Brunswick) — Provides information and referrals on community services. Publishes a variety of human service directories. Write: INFO-line, c/o Human Development Council, Box 6125 Station A, Saint John, New Brunswick E2L 4R6 Canada. Call: 506-633-4636. E-mail: hdc@nbnet.nb.ca or infoline@nb.aibn.com Website: http://www.humandevelopmentcouncil.nb.ca

NOVA SCOTIA
The Self-Help Connection (Dartmouth) — Referrals to provincial self-help groups. Assistance to new and existing groups. Publishes directory of local self-help groups. Write: Clearinghouse - The Self-Help Connection, 63 King St., Dartmouth, Nova Scotia B2Y 2R7, Canada. Call: 902-466-2011. Fax: 902-466-3300. E-mail: info@selfhelpconnection.ca Website: http://www.selfhelpconnection.ca

ONTARIO
Self-Help Network of Sudbury-Manitoulin (Sudbury-Manitoulin) — Provides information and referral to local self-help groups. Helps persons to start and maintain groups. Write: Self-Help Network of Sudbury-Manitoulin, 199 Travers Street, Sudbury ON P3C 3K2 Canada. Call: 705-675-7252. Fax: 705-673-3354. E-mail: selfhelp@isys.ca Website: http://selfhelpnetwork.on.ca
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Community Network Support Team (Owen Sound) — Provides information, education and assistance in the development of local mental health self help and support groups. Maintains lending library of mental health books and videos. Operates "Family Support Initiative" and "Consumer/Survivor Development Project" as well as database of mental health and addiction programs. Write: Community Network Support Team, 1139 Second Avenue East, Owen Sound, ON N4K 2J1 Canada. Call: 519-371-4551. Fax: 519-371-6138. E-mail: cnst@gbche.healthserv.org Website: http://www.ymcaowensound.on.ca/partners.cfm

Self-Help Resource Center (Greater Toronto area) — Founded 1987. Referrals to local self-help groups. Assistance to start new groups and also helps existing groups. Directory of self-help groups. Information on Ontario and national self-help organizations and special projects. Write: Self-Help Resource Center, 40 Orchard View Blvd., Suite 219, Toronto, Ontario M4R 1B9 Canada. Call: 416-487-4355 (Toronto area) or 1-888-283-8806 (in Ontario outside Toronto). Fax: 416-487-0344. E-mail: oshnet@selfhelp.on.ca or shrc@selfhelp.on.ca Website: http://www.selfhelp.on.ca

CMHA Barrie-Simcoe — Founded 1960. Offers referrals to support groups in the Barrie-Simcoe local area. Offers assistance to new and existing groups. Write: CMHA, 5 Bell Farm Rd., Barrie, Ontario LYN 1W2 Canada. Call: 800-461-4319 or 705-726-5033. Fax: 705-726-0636. E-mail: info@cmhasim.on.ca Website: http://wwwmhcva.on.ca/

CMHA Waterloo Regional Branch — Provides referrals to local self-help groups. Provides assistance to new and existing groups. Publishes directory of self-help groups. Write: CMHA Waterloo Regional Branch, Centre for Mental Health, 5420 Hwy 6N, RR5, Guelph, Ontario N1H 6J2 Canada. Call: 519-744-4450. E-mail: info@cmhawrb.on.ca Website: http://www.cmhawrb.on.ca


CMHA Durham Region (Durham) — Referrals to local self-help groups. Assistance to new and existing groups. Publishes directory of self-help groups. Provides self-help group start up kits. Write: CMHA Durham Region, 111 Simcoe St. North, Oshawa, Ontario L1G 4S4 Canada. Call: 905-436-8760. Fax: 905-436-1569. E-mail: cmha@cmhadurham.org Website: http://www.cmhadurham.org
Olde Forge Community Resource Center (Ottawa-Carlton) — Referrals to local self-help groups. Assistance to new and existing groups. Publishes directory of self-help groups. Write: Olde Forge Comm. Res. Ctr., 2730 Carling Ave., Ottawa, Ontario K2B 7J1 Canada. Call: 613-829-9777. Fax: 613-829-9318. E-mail: forge@ncf.ca Website: http://www.storm.ca/~forge

CMHA Windsor-Essex Branch (Windsor-Essex) — Referrals to local self-help groups. Assistance to new and existing groups. Write: CMHA Windsor-Essex Branch, 1400 Windsor Ave., Windsor, Ontario N8X 3L9 Canada. Call: 519-255-7440. Fax: 519-255-7817. E-mail: biljestycmha@hotmail.com


PRINCE EDWARD ISLAND
Family Support and Self-Help Program (Prince Edward Island) — Founded 1986. Referrals to local self-help groups. Assistance to new and existing groups. Publishes directory of self-help groups. Write: Family Support and Self-Help Prog., c/o CMHA, P.O. Box 785, Charlottetown, Prince Edward Island C1A 7L9 Canada. Call: 1-800-682-1648 or 902-628-1648. Fax: 902-566-4643. E-mail: selfhelp@cmha.pe.ca

QUEBEC

Centre d'Action Benevol du Quebec (Quebec) — Information on local self-help groups. Helps to start and maintain groups. Write: Centre d'Action Benevol de Quebec, 615 Pierre Bertrand, Suite 250, Vanier, Quebec G1M 3J3 Canada. Call: 418-681-3501. Fax: 418-681-6481.

SASKATCHEWAN
Saskatchewan Self-Help Online (Saskatoon) — Information and referral to local mutual aid self-help groups. Assistance with the development of groups. Directory of local self-

ARGENTINA

Fundación PRECAVIDA — Provides telephone contacts for many, but not all, self-help groups in Argentina. Provides mini-guide and suggestions for individuals who want to start a new self help group there. Call: 011-541-14825-2363. E-mail: lkunce@inframex.net.ar or doritak2000@yahoo.com.ar

AUSTRALIA

Collective of Self Help Groups (Victoria) — A network of self help and social action groups. Publishes statewide directory of groups. Phone inquiries are taken Wed. and Thurs., 10am-3pm. Assistance offered to start support groups. Write: Collective of Self Help Groups, P.O. Box 251, Brunswick East, Australia 3057. Call: (61 3) 9349-2301. Website: http://home.vicnet.net.au/~coshg E-mail: coshgmelb@yahoo.com.au

Western Institute of Self-Help (WISH) (Western Australia) — Founded 1983. Supports self-help groups and identifies new groups. Guidelines to help start groups available. Write: WISH, P.O. Box 8140, AUS-Perth Business Centre, Western Australia 6849. Call: +61 08 - 92 28 44 88. Fax: +61 08 - 92 28 44 90. E-mail: info@wish.org.au Website: http://www.wish.org.au

Self-Help Queensland, Inc (Queensland) — Founded 1983. Provides information on local self-help groups. Helps persons to start and maintain groups. Call: 07-3344-6919. Write: Self-Help Queensland, Inc., P.O. Box 353, Sunnybank, Queensland, Australia 4109. E-mail: qnosho@gil.com.au

AUSTRIA

Fonds Gesundes Osterreich — Supports self-help supporters nationwide. Networks regional clearinghouses. Acts as a liaison with political and administrative entities. Contact persons: Andrea Lins, Herielle Hoper. Write: Fonds Gesundes Osterreich, SIGIS Service und Information für Gesundheitsinitiativen und Selbshilfegruppen, Mariahilfer Strasse 176/8, A 1150 Wien, Austria. Call: +431-8 95 04 00 12. Fax: +431 - 8 95 04 00 20. E-mail: sipis@fgoe.org Website: http://www.gesundesleben.et
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BELGIUM

Trefpunt Zelfhulp (Flanders/Belgium) — Information and referrals to Flemish and local self-help groups. Helps new and existing groups. Education, crisis intervention, legal advice, advocacy. Publications, research. Write: Trefpunt Zelfhulp vzw, Van Evenstraat 2c, B-3000 Leuven, Belgium. Call: +32 16 - 23 65 07 or +32 16 - 32 31 58. Fax: +32 16 - 32 30 52. E-mail: trefpunt.zelfhulp@soc.kuleuven.ac.be Website: http://www.zelfhulp.be

ENGLAND

Self-Help Nottingham Nationwide — Founded 1982. Provides support and services for self-help groups in the Nottingham area. Also provides information on local groups and services in the East Midlands and national organizations. Publications on self-help groups. Assistance in starting new groups in the Nottingham area. Write: Self-Help Nottingham, Ormiston House, 32-36 Pelham St., Nottingham NG1 2EG, United Kingdom. Call: +44 115 9 11 16 62, or +44 115 9 11 16 61 (group information). E-mail: info@selfhelp.org.uk Website: http://www.selfhelp.org.uk

Contact-A-Family National — Founded 1975. Limited to illnesses/disabilities. Provides help and advice to families of children and young people up to the age of 19 with illnesses or disabilities. Provides information only to adults affected by rare specific disorders. Maintains online data base of rare disorders. Write: Contact-A-Family, 12 Caxion Sq, London, SWIH OQS, UK. Call: +44 0 20 7608 8700 (main office) or +44 0808 808 3555 (helpline for families). Fax: +44 (0) 7608 8701. Minicom +44 020 7608 8702. E-mail: info@cafamily.org.uk Website: http://www.cafamily.org.uk

PATIENT UK Online — Provides information on health-related and bereavement self-help organizations serving the United Kingdom, which can then usually direct people to local support groups. Call: 0191 261 2252. Fax: 0191 261 4452. Website: http://www.patient.org.uk E-mail: hazel@patient.co.uk

FINLAND

The Citizen Forum Association — Coordinates contacts between self-help groups, clearinghouses, voluntary organisations and professionals. Training, publications, information, research. Contact persons: Marianne Nylund and Pirjo Miikkulainen. Write: The Citizen Forum Association, Sornaisten rantatie 27A, 2nd floor, SF - 00500 Helsinki, Finland. Call: +35 89- 7 74 40 80. Fax: +35 89-77 44 08 28. E-mail: marianne.nylund@helsinki.fi or pirkko.hakkarainen@kansalaisareena.fi Website: http://www.worldcitizens.org
GERMANY

Nationale Kontakt (NAKOS) (Nationwide) — Distributes information on self-help groups nationwide. Assists new groups in starting. Specialized publications, directory. Literature on starting and maintaining self-help groups. Write: Nationale Kontakt- und Informationsstelle zur Anregung und Unterstuetzung von Selbsthilfegruppen e.V., Albrecht Achilles Strasse 65, D-10709 Berlin, Germany. Call: +49 30 31 01 89 60 E-mail: selbsthilfe@hakos.de Website: http://www.nakos.de

GREECE


IRELAND

Irish Medical Directory - Patient Support Organizations Online — Provides a list of self-help groups for a large variety of topics in Ireland. Website: http://www.imd.ie/suppindx.htm

ISRAEL

Israel Self-Help Center (National) — Provides information and referral to self-help groups nationwide. Write: ISHC, 35 Montufyory St., IL 35201, Tel-Aviv, Israel. Call: +972 3 5 66 22 80/1/2/3. Fax: +972 3 5 66 22 84. E-mail: selfhelp@netvision.net.il Website: http://www.selfhelp.org.il

JAPAN

STIALISH — Provides information on self-help groups and group development. Write: STIALISH Self-help Clearinghouse, Miyazaki, Rupo Miyazakiekimae BLD. 203, 5-0 Hiroshima 2-Chome, Miyazaki-City, Miyazaki, Japan, 8800806. E-mail: stialish-m@pekkle.jp

Hyogo Self-Help Support Center — Provides information on self-help groups in the
Hyogo area. Write: 1-8-22-203 Minamimachi Fukae, Higashinada-ku, Kobe City, Hyogo, Japan. Call: +81-78-452-3082. E-mail: tshc@blue.forum.ne.jp Website: http://hyogo-selfhelp.hoops.ne.jp/

Osaka Self-Help Support Center — Provides information on local self-help groups. Director: Hiroyuki Matsuda. Call: +81-6-6352-0430. Fax: +81-6-6358-2892. Write: Osaka Self-Help Support Center, c/o Osaka Volunteer Association, 1-5-27, Doshin, Kita-ku, Osaka, 530-0035 Japan. E-mail: GHE01500@nifty.ne.jp

Support Network for Chronically Sick Children of Japan (Nationwide) — Information and contacts to self-help groups nationwide. Guidelines for starting a group in Japanese. Some international contacts. Contact Person: Tomofumi Oka. Write: Support Network for Chronically Sick Children of Japan, Bunkyo-Shogaku Biru 6F, 1-15-4, Hongo, Bunkyo-ku, Tokyo 113-0033 Japan. Call: 81-3-5840-5972 (office). Fax: 03-5840-5974. Website: http://nanbyonet.or.jp E-mail: ganbare@nanbyonet.or.jp (Japanese) or t-oka@sophia.ac.jp (English)

Clearinghouse MUSASHI — Provides information on self-help groups. Call: 048-297-9780 Voice/Fax). Write: Clearinghouse MUSASHI, Omiya Nishi Post Office, 331-0051, Japan. E-mail: info_musashi-lj@infoseek.jp

LIECHTENSTEIN


MEXICO

Fraternidad de Grupos de Autoayuda y Ayuda Mutua (the Self-Help and Mutual Aid Group Fraternity) — Founded 2004. Offers resources and help to anyone anywhere wishing to start a Spanish language self-help group. Also has useful information for those seeking a group in Mexico, for Mexican groups seeking research assistance, professionals or students helping with self-help group development or research, and all who wish further information on the subject of self-help groups. Write: Fraternidad de Grupos de Autoayuda y Ayuda Mutua, Real de Los Reyes 77 - Edif. Nogal Depto. 3, Col. Los Reyes - Coyoacán, 04330 México, D.F. Call: (+52) (55) 5689 6659 for both answering machine and fax. E-mail: info@ayuda-mutua.com Website: http://www.ayuda-mutua.com
NORWAY

Norsk Selvhjelpsforum — National self-help clearinghouse. Information, literature, referrals, training. Write: Norsk Selvhjelpsforum, c/o Professor Dahlsgl, 45 N-0367, Oslo, Norway. Call: +47 22 - 92 50 30. E-mail: selvhjelp@selvhjelp.no Website: http://www.selvhjelp.no

SWEDEN

Fenix Sjalvhjalpscenter — Provides information on local self-help groups in Stockholm. Offers workshops and offers assistance in starting new groups. Write: Fenix Sjalvhjalpscenter, Hagerstensvagen 162, 126 53 Hagersten (Stockholm) Sweden. Call: 0046-8-681-06-24. E-mail: info@fenix.org.se Website: http://www.fenix.org.se/aboutfenix.htm

Distriktlakare (Lapland only) — Provides information on self-help groups in Lapland. Can also provide information for other clearinghouse in Sweden. Contact person: Bo Henricson. Write: Distriktlakare, Villavagen 14, 930 90, Arjeplog, Sweden. Call: +46-961-14800. Fax: +46-961-14819. E-mail: bo.henricson@nll.se Website: http://hem.passagen.se/snaps

SWITZERLAND

Stiftung KOSCH — Founded 2000. Nationwide coordinating organization for self-help groups. Umbrella organization for regional self-help clearinghouses throughout Switzerland. Assistance starting support groups. Contact: Verena Vogelsanger. Write: Stiftung KOSCH, Laufenstrasse 12, CH-4053, Basel, Switzerland. Call: +41 061 - 3 33 86 01. Fax: +41 061 - 3 33 86 02. E-mail: gs@kosch.ch Website: http://www.kosch.ch

WALES

Health Promotion Division, National Assembly for Wales Nationwide — Provides information on self-help groups in Wales. Maintains website with information of available groups. Write: Health Promotion Div., Nat'l Assembly for Wales, Ffynnoalas, Ty Glas Ave., Cardiff FF14 5EZ UK. Call: +44 (029) 2075 2222. Website: http://www.cmo.wales.gov.uk/content/index.htm

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