

# SUPPORT CLEARINGHOUSE DIRECTORY

Help in Starting a Support Group

Updated August 2005

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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](mailto: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](mailto: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](mailto: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.mhasd.org> E-mail: [info@mhasd.org](mailto: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](mailto: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](http://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](mailto:chowlett@mail.co.stanislaus.ca.us)

## CONNECTICUT

Connecticut Self-Help Support Network (Statewide) — Founded 1981. Information and referrals to support groups. Provides technical assistance in starting and maintaining groups. Group leadership training, educational workshops and conferences. Publishes directory of self-help groups, newsletter, and other publications. Write: Susan Zimmerman, LCSW, The Consultation Center, 389 Whitney Ave., New Haven, CT 06511. Call: 203-624-6982. Fax: 203-562-6355. E-mail: [info@theconsultationcenter.org](mailto:info@theconsultationcenter.org) (attention: self-help) Website: <http://www.theconsultationcenter.org>

## 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](mailto: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](mailto: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](mailto: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](mailto:selfhelpnetwork@wichita.edu) Website: <http://www.selfhelpnetwork.wichita.edu>

## **MICHIGAN**

Riverwood Center For Self-Help — Serves southwest Michigan/northern Indiana - Information and referrals to support groups. Networks individuals, groups, professionals and agencies. Provides community education. Assists new groups in starting. Facilitates group meetings. Training workshops. Directory. Write: Riverwood Center for Self-Help, P.O. Box 547, Benton Harbor, MI 49023-0547. Call: 1-800-336-0341 (in MI). Website: <http://www.riverwoodcenter.org>

## 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](mailto: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](mailto: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](mailto: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.

Westchester Self-Help Clearinghouse — Founded 1979. A central resource for mutual support groups. Provides information and referral to mutual support groups in Westchester county. Assists in the formation of new groups. Provides community education and publishes a directory of self-help groups. Phone networks for newly widowed men and women and newly separated women. Director Lenore Rosenbaum MS. Write: Westchester Self-Help Clearinghouse, 845 North Broadway, White Plains,

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NY, 10603. Call: 914-761-0600 ext. 308. Fax 914-761-5859. E-mail: [rosenbaum@wjcs.com](mailto:rosenbaum@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](mailto:egiannet@nyit.edu)

National Self-Help Clearinghouse — Founded 1976. Provides information and referral to self-help groups and regional self-help clearinghouses. Encourages and conducts training of professionals about self help. Carries out research activities. Publishes manuals and training materials. Write: National Self-Help Clearinghouse, c/o CUNY, Graduate School and University Ctr., 365 Fifth Ave., Suite 3300, New York, NY 10016. Call: 212-817-1822. E-mail: [info@selfhelpweb.org](mailto:info@selfhelpweb.org) Website: <http://www.selfhelpweb.org>

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](mailto: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>

Niagara Self-Help Clearinghouse (Niagara County) — Founded 1985. Information and referrals to local support groups. Provides technical assistance to new groups. Networks with other community resources. Helps with new group development and holds group leader training. Directory of self-help groups, mental health video/book library. Write: Niagara Self-Help Clearinghouse, c/o MHA in Niagara County, 36 Pine St., Lockport, NY 14094. Call: 716-433-3780 x12. Fax: 716-433-3847. Website: <http://www.mhanc.com>

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](mailto: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](mailto: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**

Mental Health Association (Greater Cincinnati and surrounding counties/northern KY) — Founded 2000. Provides referrals to local self-help groups. Publishes directory and website listing. Provides help to groups. Contact person: Sheila Sims. Write: MHA, 2400 Reading Rd., Suite 412, Cincinnati, OH 45202. Call: 513-721-2910. Fax: 513-287-8544. E-mail: [srsims@mhaswoh.org](mailto:srsims@mhaswoh.org) Website: <http://www.mentalhealthassn.org>

Greater Dayton Self-Help Clearinghouse — Founded 1984. Information, and referrals to self-help and support groups in the Greater Dayton area. Technical assistance provided to start new self-help groups. Self-help group directory upon request. Write: Greater Dayton Self-Help Clearinghouse, c/o Family Service Assn., 184 Salem Ave., Dayton, OH 45406. Call: 937-225-3004. Fax: 937-222-3710. TDD: 937-222-7921. E-mail: [community@fsadayton.org](mailto:community@fsadayton.org)

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](mailto:shine@vacnepa.org) Website: <http://www.vacnepa.org>

Mutual Support Group Clearinghouse — Founded 1997. Provides referral information on self-help groups in the central Susquehanna valley region. Also provides technical assistance to new and existing groups. Workshops, newsletter, directory of regional self-help groups. Write: Mutual Support Group Clearinghouse, c/o MHA, 37 W. Main St., Suite 206, Bloomsburg, PA 17815. Call: 1-800-874-8363 or 570-784-9583. Fax: 570-784-3220. Website: <http://www.mhacsv.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](mailto:info@mhaet.com) Website: <http://www.mhaet.com>

## TEXAS

Texas Self-Help Information and Education Service (Statewide) — Provides information and education to local self-help clearinghouses and agencies statewide. Consultation to persons interested in starting new groups. Publishes technical manual for starting support groups and other manuals. Call: Traci Patterson. Write: Texas Self-Help I&E Service, c/o MHA, 8401 Shoal Creek Blvd., Austin, TX 78757. Call: 512-454-3706. Fax: 512-454-3725. Website: <http://www.mhatexas.org>

## NATIONAL CLEARINGHOUSES

National Self-Help Clearinghouse — Provides information and referral to self-help groups and regional self-help clearinghouses. Encourages and conducts training of professionals about self help. Carries out research activities. Publishes manuals and training materials. Write: National Self-Help Clearinghouse, c/o CUNY, Graduate School and University Ctr., 365 Fifth Ave., Suite 3300, New York, NY 10016. Call: 212-817-1822. Website: <http://www.selfhelpweb.org> E-mail: [ajgartner@gc.cuny.edu](mailto:ajgartner@gc.cuny.edu)

American Self-Help Clearinghouse — Maintains database of national self-help headquarters and model one-of-a-kind groups. Referrals to self-help clearinghouses nationwide. Offers assistance to persons interested in starting new groups. Publishes directory of national support groups. Director: Ed Madara. Write: American Self-Help Clearinghouse, 100 E. Hanover Ave., Suite 202, Cedar Knolls, NJ 07927-2020. Call: 973-326-6789. Fax: 973-326-9467. E-mail: [ashc@cybernex.net](mailto:ashc@cybernex.net) Website: <http://selfhelpgroups.org>

## INTERNATIONAL

### CANADA

#### ALBERTA

The Support Network - Edmonton's Distress and Information Ctr. (Edmonton) — Founded 1960. Provides referrals to local self-help groups. Directory of local self-help groups. Publishes directory of self-help groups. Write: The Support Network, #301 11456 Jasper Ave., Edmonton AB , T5K 0M1 Canada. Call: 780-482-4636 or 780-482-0198 (to order directory). Fax: 780-488-1495. E-mail: [admin@thesupportnetwork.com](mailto:admin@thesupportnetwork.com) Website: <http://www.thesupportnetwork.com>

#### BRITISH COLUMBIA

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



organization that provides support and resources for persons interested in mutual aid self-help. Provides training, education, outreach, literature. Publishes annual directory of self-help groups in greater Vancouver area. Helps professionals research groups. Write: Self-Help Resource Association of BC (SHRA), 306-1212 West Broadway, Vancouver, BC V6H 3V1 Canada. Call: 604-733-6186. Fax: 604-730-1015. E-mail: [mebrat\\_beyene@telus.net](mailto:mebrat_beyene@telus.net) Website: <http://www.selfhelpresource.bc.ca>

### 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](mailto: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](mailto:hdc@nbnet.nb.ca) or [infoline@nb.aibn.com](mailto:infoline@nb.aibn.com) Website: <http://www.humandevelopmentcouncil.nb.ca>

Self-Help Network of York Region (York Region) — Information and referrals to local self-help groups. Helps persons to start and maintain groups. Write: Self-Help Network of York Region, c/o Krasman Centre, 10121 Yonge St., Richmond Hill, ON L4C 1T7 Canada. Call: 905-780-0491. Fax: 905-780-1960. Website: <http://krasmancentre.com>

### 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](mailto: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](mailto:selfhelp@isys.ca) Website: <http://selfhelpnetwork.on.ca>

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@gbchc.healthserv.org](mailto:cnst@gbchc.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](mailto:oshnet@selfhelp.on.ca) or [shrc@selfhelp.on.ca](mailto: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](mailto:info@cmhasim.on.ca) Website: <http://www.mhcva.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, Guelp, Ontario N1H 6J2 Canada. Call: 519-744-4450. E-mail: [info@cmhawrb.on.ca](mailto:info@cmhawrb.on.ca) Website: <http://www.cmhawrb.on.ca>

CMHA London-Middlesex Branch (London-Middlesex) — Referrals to local self-help groups. Assistance to new and existing groups. Write: CMHA London-Middlesex Branch, 648 Huron St., London Ontario N5Y 4J8 Canada. Call: 519-434-9191. Fax: 519-438-1167. E-mail: [mailbox@london.cmha.ca](mailto:mailbox@london.cmha.ca) Website: <http://www.london.cmha.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](mailto: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](mailto: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](mailto:biljestycmha@hotmail.com)

Oxford Self-Help Network (Oxford County) — Referrals to local mental health self-help groups. Publishes directory of resources and other self-help organizations throughout province. Lending library. Write: Oxford County Self-Help Network, 592 Adelaide St., Woodstock, Ontario N4S 4B9 Canada. Call: 519-421-2980 or 1-877-464-3571. Fax: 519-421-0826. E-mail: [oshn@on.aibn.com](mailto:oshn@on.aibn.com) Website: <http://www.ocl.net/projects/selfhelp/>

#### 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](mailto:selfhelp@cmha.pe.ca)

#### QUEBEC

Centre de Reference du Grand Montreal (Montreal) — Founded 1956. Referrals to local self-help groups. Assistance to new and existing groups. Publishes directory of self-help groups. Write: Ctr. de Ref. du Grand Montreal, 801 Sherbrooke East, Suite 401, Montreal, Quebec H2L 1K7 Canada. Call: 514-527-1375. Fax: 514-527-9712. E-mail: [crgm@info-reference.qc.ca](mailto:crgm@info-reference.qc.ca) Website: <http://www.info-reference.qc.ca>

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-

help groups (printed version, CD Rom and online). Free resource material on starting and maintaining self-help groups. Write: Saskatchewan Self-Help Network, 315 28th St. West, Saskatoon, Saskatchewan S7L 0K6 Canada. Call: 306-373-8908. Fax: 306-665-3047.

## **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@intramed.net.ar](mailto:lkunce@intramed.net.ar) or [doritak2000@yahoo.com.ar](mailto: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](mailto: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](mailto: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](mailto: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 fur Gesundheitsinitiativen und Selbsthilfegruppen, Marianhilfer 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](mailto:sipis@fgoe.org) Website: <http://www.gesundesleben.et>

## **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](mailto: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](mailto: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, SW1H 0QS, 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](mailto: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](mailto: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](mailto:marianne.nylund@helsinki.fi) or [pirkko.hakkarainen@kansalaisareena.fi](mailto: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 Unterstützung von Selbsthilfegruppen e.V., Albrecht Achilles Strasse 65, D-Ae10709 Berlin, Germany. Call: +49 30 31 01 89 60 E-mail: [selbsthilfe@hakos.de](mailto:selbsthilfe@hakos.de) Website: <http://www.nakos.de>

## GREECE

Self-Help Promoting Program (National) — Provides information on self-help groups throughout Greece. Promotes self-help in coping with addiction to psychoactive substances and other psychosocial problems. Trains health workers in support of citizens' initiatives. Conducts research into the applications of self-help in dealing with psychosocial problems. Write: Self-Help Promoting Program, 10 Mitropoleos Str. (3 and 4th Floor), 54625, Thessaloniki, Greece. Call: 32-310-500-477-8. Fax: 32-310-500-478. E-mail: [selfhelp@auth.gr](mailto:selfhelp@auth.gr) Website: <http://www.auth.gr/selfhelp> or <http://www.selfhelp.gr>

## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:ganbare@nanbyonet.or.jp) (Japanese) or [t-oka@sophia.ac.jp](mailto: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](mailto:info_musashi-lj@infoseek.jp)

## LIECHTENSTEIN

Kontaktstelle SHG — Referrals to local self-help groups. Contact: Yvonne Odoni. Write: Kontaktstelle SHG, Postfach 1, FL-9494, Schaan, Liechtenstein. Call: +423 79 419 1802. Website: <http://www.kontaktstelle-shg.de/>

## 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](mailto: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 Dahls gl, 45 N-0367, Oslo, Norway. Call: +47 22 - 92 50 30. E-mail: [selvhjelp@selvhjelp.no](mailto:selvhjelp@selvhjelp.no) Website: <http://www.selvhjelp.no>

## SWEDEN

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