

# New Jersey Self-Help Group Clearinghouse

## Self-Help Clearinghouses Worldwide

### NORTH AMERICA



#### UNITED STATES

##### *NATIONAL*

American Self-Help Group 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. Program Administrator: Ed Madara. Write: American Self-Help Clearinghouse 375 E. McFarlan St. Dover NJ 07801

##### *CALIFORNIA*

Self-Help Connection (San Diego County) Provides information & 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 Co Mental Health Association, S.D. Luton Karen 2047 El Cajon Blvd. San Diego CA 92104-1091

CAL SHARE! (Self-Help And Recovery Exchange, The) (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 1-14-2011 SHARE! Hollman Ruth 6666 Green Valley Circle Culver City CA 90230-7068

##### *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, news Consultation Center Support Network CT Self-Help S 389 Whitney Ave. New Haven CT 06511

##### *ILLINOIS*

Self-Help Center (Champaign and surrounding Counties) Founded 1988. Information and referral to local support groups. Provides assistance in starting support groups, training workshops, directory, specialized group listings, newsletter, conferences, consultation to Family Service Self-Help Ctr 405 South State Street Champaign IL 61820



## ***KANSAS***

Wichita State Univ. Center for Community Support & Research 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, conferences on self-help and self-help group le  
Community Support & Research Univ. Ctr. for Wichita State P.O. Box 201 / 1845 Fairmount Wichita KS 67260

## ***KENTUCKY***

Crisis and Information Hotline Information and referral regarding self-help groups in western Kentucky. Published directory. Call 1-800-737-0696 Write RiverValley Behavioral Health, 1100 Walnut Street, PO Box 1637, Owensboro, KY 42302 Email info@rvbh.com RiverValley Behavioral Health 1100 Walnut Street Owensboro KY 42302

## ***NEW YORK***

Institute for Human Services/HELPLINE (Steuben, Allegany, Schulyer, Yates 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 a 24-hour cri Inst. for Human Services HELPLINE Jelliff Sherry 6666 County Rd. II Bath NY 14810

Mental Health Association of Rochester/Monroe County Provides information and referrals to local support groups. Assistance in starting new groups, training workshops and how-to materials. Directory of local groups published online. Write: Mental Health Association, 320 North Goodman St., Rochester, N Mental Health Association 320 North Goodman St. Rochester NY 14607

New York City Self-Help Center Information and referrals to support groups in the five boroughs (Manhattan, Bronx, Staten Island, Queens and Brooklyn). Receives updated information on support groups and provides assistance to new and developing groups. Write: NYC Self-Help Center New York Self-Help Center Rosenthal Susan 120 W. 57th St., Suite 608 New York NY 10019

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 s MHA in Niagara County, Inc. 36 Pine St. Lockport NY 14094

The Self-Help Clearinghouse (Rockland County). Founded 1951. Information and referrals concerning self-help groups. Provides consultation and assistance to new groups that are forming. Publishes newsletter and self-help group directory (\$3). Offers assistance starting support c/o MHA of Rockland County Inc. Clearinghouse Self-Help 706 Executive Blvd., Suite F Valley Cottage NY 10989

Westchester Self-Help Clearinghouse (Westchester County). Founded 1979. A central resource for mutual support groups. Provides information and referrals to mutual support groups. Assists in the formation of new groups. Provides community education and publishes a directory of self-hel Westchester Self-Help Clrnghs Rosenbaum Lenore 845 N. Broadway White Plains NY 10603

### ***NORTH CAROLINA***

SupportWorks Helps callers in or near Charlotte, NC to find and form mutual help support groups that meet in person or by phone. Provides assistance in finding other related sources. Call 704-331-9500. Website: <http://www.supportworks.org> E-mail: [director@supportworks.org](mailto:director@supportworks.org) SupportWorks Fischer, M.D. Joal 1607 Dilworth Road West Charlotte NC 28203

### ***OHIO***

Mental Health America of Southwest Ohio, Inc. (Greater Cincinnati and surrounding counties/northern KY) Founded 2000. Provides referrals to local self-help groups and provides website listing of groups. Provides help to groups. Contact person: Sheila Sims. Write: Mental Health America of Southw MH America of Southwest Ohio, Inc. Sims Sheila 2400 Reading Rd., Ste. 139 Cincinnati OH 45202

### ***PENNSYLVANIA***

Self-Help Information Network Exchange (SHINE) (Lackawanna County). Provides information and referrals 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, Scr SHINE 538 Spruce St., Suite 420 Scranton PA 18503

### ***TENNESSEE***

Mental Health Association of East Tennessee Information and referral regarding self-help groups in eastern Tennessee. Publishes directory of local support groups. Write: Mental Health Association of East Tennessee, P.O. Box 32731, Knoxville, TN 37930-2731. Call 865-584-9125; Fax: 865-824-0040 1-26-2011 Mental Health Assoc. of E. Tenn. Beaty Linda P.O. Box 32731 Knoxville TN 37930-2731

### ***TEXAS***

Texas Self-Help Information and Education Service (Statewide) Provides information and education to local self-help groups and agencies statewide. Consultation to persons interested in starting new groups. Publishes technical manual for starting support groups and other manuals. Write: Texas Self-H 1-11-2011 Texas Self-Help Info & Educ. Srv. Hughes Polly 1210 San Antonio St., Suite 200 Austin TX 78701



### **CANADA**

### ***BRITISH COLUMBIA***

PeerNetBC (Vancouver) A registered, charitable organization dedicated to promoting peer support approaches that build the capacity of individuals and communities to become healthy, responsive, and self-determining. Provides capacity-building facilitation work 1-31-2011 PeerNetBC Beyene, Exe. Dir. Mebrat B. 306-1212 West Broadway Vancouver BC V6H3V1 CANADA

## ***NEW BRUNSWICK***

Community Information Centre (New Brunswick) Provides information and referrals on community services. Publishes a variety of human service directories. Write: Community Information Line, c/o Human Development Council, Box 6125 Station A, Saint John, New Brunswick E2L 4R6 Canada 3-30-2011 Human Development Council Self-Help Comm Svc Anne Driscoll Box 6125 Station A St. John NB E2L 4R6 CANADA

## ***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: The Self-Help Connection, 63 King St., Dartmouth, Nova Scotia B2Y 2R7, Canada. Call 1-866-765-6639 or 1-31-2011 Clearinghouse Self-Help Connection Bayers Linda 63 King St. Dartmouth NS B2Y2R7 CANADA

## ***ONTARIO***

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, 39 High St., Barrie, Ontario L4N 1W2 Canada. Call 1-888-893-8333. Website: <http://cmhasim.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, 60 Bond St. West, Oshawa, Ontario L1G 1A5 Canada. Call 1-31-2011 CMHA Durham Region 60 Bond St. West Oshawa ON L1G 1A5 CANADA

CMHA Grand River Branch Provides referrals to local self-help groups. Provides assistance to new and existing groups. Publishes directory of self-help groups. Write: CMHA Grand River Branch, Centre for Mental Health, 5420 Hwy 6N, RR5, Guelph, ON, Canada N1H 6J2. Call 519-7 1-31-2011 Centre for Mental Health River Branch CMHA Grand 5420 Hwy 6N RR5 Guelph ON CA N1H6J2

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. Website: <http://www.london.cmha.ca> 1-10-2011 CMHA London-Middlesex Branch Van Emond Trix 648 Huron St. London ON N5Y 4J8 CANADA

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/Survi 1-31-2011 Community Network Support Team 1101 Second Ave. East Owen Sound ON N4K2J CANADA

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, 554 Princess St., Woodstock, Ontario 1-28-2011 Oxford Self-Help Network Laura Earle Trudi Doublas / 554 Princess St. Woodstock ON N4S4H1 CANADA

Self-Help Resource Center (Greater Toronto area) Founded 1987. Referrals to local self-help groups. Fee-For-Service Workshops to start new and also help existing groups. Directory of self-help groups in the Greater Toronto Area. Information on self-help affiliates in Ontario. 1-14-2011 Self-Help Resource Center 40 Orchard View Blvd., Suite 219 Toronto ON M4R 1B9 CANADA

## ***QUEBEC***

Information and Referral Centre of Greater Montreal (Montreal) Founded 1956. Referrals to local self-help groups. Assistance to new and existing groups. Publishes directory of self-help groups. Write: Information and Referral Centre of Greater Montreal, 3155 Hochelaga St., Suite 101, Montreal H1W 1G4 4-1-2011 Ctr de Reference du Grand Montreal Lebeau R.B. 3155 Hochelaga St., Suite 101 Montreal PQ H1W 1G4 CANADA



## **MEXICO**

Fraternidad de Grupos de Autoayuda y Ayuda Mutua Founded 2004. Offers phone, e-mail and in-person help to those wishing to start a group, as well as for existing self-help groups. Website includes a 2700+ Spanish language self-help group and association database and extensive information on starti 1-5-2011 Fraternidad de Grupos de Autoayuda Montano Fraire Dr. Rolando Apartado Postal 210 Coyoacan, DF, 04331 MEXICO

## **AUSTRALIA**



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### ***QUEENSLAND***

Self-Help Queensland, Inc. Queensland. Founded 1983. Provides information on local self-help groups. Helps persons to start and maintain groups. Write: Self-Help Queensland, P.O. Box 353, Sunnybank, Queensland, Australia 4109. Call 07-33344-6919. Website: <http://www.selfhelpq> Self-Help Queensland, Inc. Fallen Trish P.O. Box 353 Sunnybank Qld AUSTRALIA 4109

### ***VICTORIA***

Collective of Self Help Groups (Victoria) A network of self help and social action groups. Publishes a self help resouce kit 'In the Same Boat' and a statewide directory of groups. Phone inquiries are taken Wed. & Thurs., 10am-3pm. Assistance offered with starting and maintaining 3-25-2011 Collective of Self Help Groups Ross Hse, Lvl 3.6, 247 Flanders Ln Melbourne, Austraila 3000

### ***WESTERN AUSTRALIA***

ConnectGroups - Support Groups Association WA Inc. Founded 1983. (Western Australia; formerly Western Institute of Self Help - WISH) Supports self-help groups and identifies new groups. Guidelines to help start groups available. Write: ConnectGroups - Support Groups Association WA Inc., P.O. Box 814 1-26-2011 P.O. Box 8140 Perth Business Ctr. ConnectGroups Western Australia, Australia 6849

## EUROPE



### EUROPEAN UNION

#### *UNITED KINGDOM*

Contact-A-Family International. 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 disorder 1-14-2011 Contact-A-Family Barnett Diane 209-211 City Rd. London, England EC1V 1JN

Self Help Nottingham National. Founded 1982. Offers support, training, advice and practical services to self-help support groups in Nottinghamshire, England. Information is available on groups throughout Nottinghamshire as well as local and national support organization 1-13-2011 Self-Help Nottingham Todd Marilyn Ormiston House, 32-36 Pelham St. GB-Nottingham NG1 2EG UK

#### *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 and research. Write: Trefpunt Zelfhulp vzw, Parkstraat 45 bus 360 1-14-2011 Trefpunt Zelfhulp vzw Gielen Peter Parkstraat 45 bus 3608 3000 Leuven BELGIUM

#### *AUSTRIA*

Fonds Gesundes Osterreich Supports self-help supporters nationwide. Networks regional clearinghouses. Acts as a liaison with political and administrative entities. Contact person: Petra Gajar. Write: Fonds Gesundes Osterreich, SIGIS Service und Information fur Gesundheitsi 1-26-2011 Fonds Gesundes Osterreich SIGIS Petra Gajar Mariahilfer Strasse 176/8 A 1150 Wien AUSTRIA

#### *SWEDEN*

Fenix Sjalvjalpscenter Provides information on self-help groups in Stockholm. Offers workshops and offers assistance in starting new groups. Write: Fenix Sjalvjalpscenter, Hagerstensvagen 162, 126 53 Hagersten (Stockholm) Sweden. Call 0046-8-681-06-24. Website: <http://> 1-26-2011 Fenix Sjalvjalpscenter Hagerstensvagen 162, 126 53 Hagersten Stockholm SWEDEN

#### *GREECE*

Self-Help Promoting Program (National) Founded 2001. Provides information on self-help groups throughout Greece. Promotes self-help in coping with addiction to psychoactive substances and other psychosocial problems. Supports citizens to start and maintain self-help groups. Tr 3-29-2011 Self-Help Promoting Program Lainas Sotiris 10 Mitropoleos St. fl 3-4, 54625 Thessaloniki GREECE

## ***GERMANY***

NAKOS (Nationale Kontakt und Informationsstelle zur Anregung und Unterstützung von Selbsthilfegruppen) National. 300+ groups. Distributes information on support groups. Assists new groups in starting. Specialized publications and directory. Literature on 1-5-2011 NAKOS Wilmersdorfer Str. 39 Berlin



## **NORWAY**

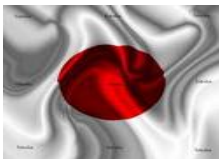
Nasjonalt Knutepunktet Selvhjelp National. Program providing information on, developing supports for, and studies of, self-help groups. Write: Solbjorg Talseth, Postboks 15, Majorstua, N - 0330 Oslo, Norway. Call +47 23 33 19 00 or +47 23 33 19 05; Fax: +47 23 33 19 02 or +47 90 88 1-5-2011 Nasjonalt Knutepunktet Selvhjelp Talseth Solbjorg Postboks 15, Majorstua Oslo NO 0330



## **SWITZERLND**

Stiftung KOSCH Founded 2000. Nationwide coordinating organization for self-help groups. Umbrella organization for regional self-help clearinghouses throughout Switzerland. Assistance starting support groups. Write: Stiftung KOSCH, Laufenstrasse 12, CH-4053, Basel, 1-26-2011 Stiftung KOSCH Vogelsanger Verena Laufenstrasse 12 ch-4053 Basel SWITZERLND

## **ASIA**



## **JAPAN**

### ***HYOGO***

Hyogo Self-Help Support Center Provides information on self-help groups in the Hyogo area. Write:1-8-22-101 Minamimachi Fukae, Higashinada-ku, Kobe City, Hyogo, Japan. Call +81-78-452-3082. Website: <http://hyogo-self-help.main.jp> E-mail: [hyogosh@titan.ocn.ne.jp](mailto:hyogosh@titan.ocn.ne.jp) 3-30-2011 1-8-22-101 Minamimachi Fukae Support Center Hyogo Self-Help Higashinada-ku, Kobe City Hyogo JAPAN

## ***MIYAZAKI***

STIALISH Self-help Clearinghouse Miyazaki Provides information on self-help groups and basic manual in starting self-help groups (available in English). Write: STIALISH Self-Help Clearinghouse Miyazaki, c/o Volunteer Center, 22, Haramachi 2-Chome, Miyazaki City, 8808505, Japan. Call+81-90 1-10-2011 STIALISH Self-help Clgh. Miyazaki Watanabe Taka Naotaka Volunteer Center Miyazaki 8800505 JAPAN

## ***OSAKA***

Osaka Self-Help Support Center Provides information on local self-help groups. Director: Hiroyuki Matsuda. Call +81-6-6352-0430 (1st and 3rd Saturday of every month between 14:00-18:00); Fax: +81-72-254-9781. Write: Osaka Self-Help Support Center, c/o Osaka Volunteer Association, 3-23-2011 Osaka Self-Help Support Ctr. Matsuda Hiroyuki 1-5-27, Doshin Kita-ku Osaka Japan 530-0035



A QR (Quick Resource) Code for our **Online SourceBook**. A keyword database of national, international, model and online self-help support groups for many of the stressful life situations. Also lists local self-help clearinghouses worldwide. Never be without support again. Simply scan and keep for ready reference.



*For the most up-to-date and accurate information, please call the  
Self-Help Group Clearinghouse at  
+ 973-989-1122*