

# New Jersey Self-Help Group Clearinghouse

1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) \* 375 E. McFarlan St., Dover, NJ 07801 \* [www.selfhelpgroups.org](http://www.selfhelpgroups.org)

**May, 2011 26<sup>th</sup> Edition of the Self-Help Support Group Directory**  
**50% off – now \$15 each (shipping included) for any quantity (*while supplies last*)**

(Just Use the Order Form below, or Phone with Your Credit Card Order)

**The Self-Help Support Group Directory: Your Guide to Local New Jersey, National & Online Groups**  
remains your most comprehensive guide to local NJ, national, international, model & online support groups.

This **704-page 26<sup>th</sup> Edition** offers a valuable, comprehensive resource for professionals and community leaders who assist people in obtaining the support, understanding, and assistance that self-help mutual aid groups can offer.

**Contacts for over six thousand self-help support groups** in New Jersey with **over one thousand national, international, model, and online self-help groups**. These groups cover an extremely broad range of illnesses, addictions, disabilities, bereavement, health issues, parenting, abuse, emotional problems, along with many other stressful life problems, and situations. *Expanded information on local and national websites, e-mail addresses, message boards, and e-mail discussion groups.*

**Includes over 400 state and national toll-free specialty helplines**, local county helplines, and local psychiatric crisis hotlines. Comes with a comprehensive index, and "lay flat on your desk" binding.

Also has a new section on **"Steps & Guidelines Professionals Helping to Develop Support Local Self-Help Groups,"** as well as lay and professional considerations for **"Choosing a Support Group," "How Self-Help Groups Help," "Suggestions for Starting a Mutual Aid Self-Help Group" & "Ways that Professionals Can Support Local Self-Help Groups."**

✂

Please send \_\_\_ copy (s) of the May, 2011 Directory @ **\$15** each = \$ \_\_\_\_\_ for any number.

**Non-Refundable prepayment required.**

**Please check your form of payment:**

**Total payment = \$ \_\_\_\_\_**

**Check** enclosed. Please make checks payable to: **"Saint Clare's Health System."**

**Credit card** payment. Credit card orders are **also accepted by phone** - at **1-800-367-6274** (8:30am – 5pm) or 973-989-1122 outside NJ or they may be **faxed** to us at **973-989-1159**. Note: the payment will be reflected as being to "St. Clare's Hospital" on your credit statement.

Type of Credit Card: Visa \_\_\_ MasterCard \_\_\_ Discover \_\_\_

Credit card # \_\_\_\_\_

Credit card Expiration Date: \_\_\_/\_\_\_/\_\_\_ Last **3 digit code** on back of card: \_\_\_ \_\_\_ \_\_\_

All orders are mailed guaranteed return postage. **MEDIA/BOOK RATE**. Sorry, but we cannot accept purchase orders.

Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Agency (if any): \_\_\_\_\_

Address: \_\_\_\_\_

Mail to: **NJ Self-Help Clearinghouse**  
**Attn: Directory**  
**375 E. McFarlan St.**  
**Dover, NJ 07801-3628**

**Remember: You can always call us, or have your clients call us toll-free, for the most up-to-date group information:**

**1-800-367-6274**, more easily remembered as **1-800-FOR-M.A.S.H. (Mutual Aid Self-Help)**.