New Jersey Self-Help Group Clearinghouse

1-800-367-6274 or **1-800-FOR-M.A.S.H.** (**M**utual **A**id **S**elf-**H**elp) * **www.NJgroups.org** * 375 E. McFarlan St., Dover, NJ 07801

"Helping both the Public & Professionals Find & Form Local NJ & National Support Groups for over 33 years"

Quick Links to Key N.J. Support Group Listings & Handouts Online

While our website directs viewers to each of the following listings through its menus, here are **specific URL addresses which can more efficiently direct you to specific group sections and helpful handouts within our website**. These quick links make it easier for individuals, group leaders, professionals or agencies to incorporate the specific handouts into their own emails, websites, publications, presentations, trainings, blogs, etc. (e.g., any health or social service agency can easily add a listing of the support groups meeting in their county to their website; or a therapist could provide clients with the specific URL for the type of groups most appropriate to their needs).

MENTAL HEALTH, **ABUSE & ADDICTION** COMMUNITY SUPPORT GROUPS (**Detailed descriptions of all local NJ groups, their focus, meeting sites, times, phone contacts, etc.**) arranged by issue & county: http://www.mededfund.org/NJgroups/mh.htm

MENTAL HEALTH an overview of groups, with a few professional services (8-panel brochure): http://www.mededfund.org/NJgroups/**Mini-Guide_to_MH**.pdf

Subcategories with Detailed NJ Community Support Groups descriptions provided:

Anxiety & Phobias http://www.mededfund.org/NJgroups/anxiety.htm
Depression, Bipolar Disorder & Postpartum http://www.mededfund.org/NJgroups/depression.htm
Co-occurring Disorders or Dual disorders (a mental illness & an alcohol/drug addiction) http://www.mededfund.org/NJgroups/Dual-Diagnosis.htm
Eating Disorders (Anorexia, Bulimia, etc.) http://www.mededfund.org/NJgroups/eat.htm
Families of those with a Mental Disorder http://www.mededfund.org/NJgroups/familiesofmh.htm
Mental Health Consumers, psychiatric survivors, Self-Help Centers & more mutual aid groups http://www.mededfund.org/NJgroups/consumers.htm
Obsessive Compulsive Disorders, Trichotillomania, Body Dysmorphic Disorder http://www.mededfund.org/NJgroups/ocd.htm#ocdlogo
General Mental Health (for better coping with stress) http://www.mededfund.org/NJgroups/mhgeneral.htm#mhgeneralogo

Mini-Guide to **Online Support Groups for Those in Recovery from a Mental Illness** (6-panel brochure):
http://www.mededfund.org/NJgroups/Mini-Guide_MHC_Online%20Gps.pdf

Mini-Guide to **Online Support Groups for Families of Those in Recovery from a Mental Illness** (6-panel brochure):
http://www.mededfund.org/NJgroups/Mini-Guide_MHF_OnlineGps.pdf

"**Beyond Mental Health Recovery**" **Community Groups to Enrich One's Wellness** (6-panel brochure)
http://www.mededfund.org/NJgroups/**BeyondRecovery_Wellness**.pdf

Adult Survivors of Rape, Child Abuse, Sexual Abuse or Incest http://www.mededfund.org/NJgroups/SxlVerbPhysAbuse.htm

ADDICTIONS for a quick 2-page overview of all Addiction groups (6-panel brochure): http://www.mededfund.org/NJgroups/**Mini-Guide_to_MH**.pdf
For detailed descriptions of all NJ **Addiction-related Community** Support Groups: http://www.mededfund.org/NJgroups/mh.htm#ADDICTIONS
Alcohol Abuse http://www.mededfund.org/NJgroups/alcohol.htm
Codependency / Dysfunctional Families http://www.mededfund.org/NJgroups/CODEPENDENCY.htm
Co-occurring Disorders / Dual Diagnosis (a mental illness & a alcohol/drug addiction) http://www.mededfund.org/NJgroups/Dual-Diagnosis.htm
Debt / Overspending http://www.mededfund.org/NJgroups/debt.htm
Drug Abuse http://www.mededfund.org/NJgroups/drugabuse.htm
Gambling http://www.mededfund.org/NJgroups/gambling.htm
Over-eating & Weigh-loss http://www.mededfund.org/NJgroups/overweight.htm
Sexual Addiction http://www.mededfund.org/NJgroups/sxlvadd.htm
Smoking Addiction http://www.mededfund.org/NJgroups/smoking.htm

Hurricane Sandy Ongoing Community Support Groups **http://www.mededfund.org/NJgroups/sandy.htm**

Note: For details on **any of the thousands of other New Jersey, national & online support groups for most any PHYSICAL ILLNESS, CAREGIVER burden, DISABILITY, PARENTING challenges**, **BEREAVEMENT situations**, and **hundreds of other stressful life issues, anyone can still get the most up-to-date group info by simply phoning our toll-free helpline at 1-800-367-6274**, more easily remembered as **1-800-FOR-M.A.S.H.** (**M**utual **A**id **S**elf-**H**elp), from anywhere in NJ. We hope to add these thousands of other groups to our online database next year, after a new database software program is written to handle the quantity of community & online groups.

Samples of Community Support Group Meetings in Each NJ COUNTY (all are 2-page handouts):
http://www.mededfund.org/NJgroups/**Groups_By_County**.htm

http://www.mededfund.org/njgroups/**Atlantic**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Bergen**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Burlington**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Camden**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Cape_May**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Cumberland**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Gloucester**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Essex**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Hudson**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Hunterdon**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Mercer**_County_Groups.pdf

(continued on reverse side)

http://www.mededfund.org/njgroups/**Middlesex**_Groups.pdf
http://www.mededfund.org/njgroups/**Monmouth**_County_groups.pdf
http://www.mededfund.org/njgroups/**Morris**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Ocean**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Passaic**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Salem**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Somerset**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Sussex**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Union**_County_Groups.pdf
http://www.mededfund.org/njgroups/**Warren**_County_Groups.pdf

For good sample listings of a few of the MAJOR TYPES of Support Groups in NJ (2-page handouts)

http://www.mededfund.org/NJgroups/Groups_By_Type.htm

Addictions: http://www.mededfund.org/NJgroups/AddictionGroups.pdf
Bereavement: http://www.mededfund.org/NJgroups/BereavementGroups.pdf
Caregivers: http://www.mededfund.org/NJgroups/CaregiverGroups.pdf
Disabilities: http://www.mededfund.org/NJgroups/DisabilityGroups.pdf
Job clubs & overspending: http://www.mededfund.org/NJgroups/FinancialGroups.pdf
Mental Health (an 8-panel, legal size brochure, providing an introductory overview) http://www.mededfund.org/NJgroups/Mini-Guide_to_MH.pdf
Mens' groups: http://www.mededfund.org/NJgroups/Men_Only.pdf
Older Adults: http://www.mededfund.org/NJgroups/WomensGroups.pdf
Parents : http://www.mededfund.org/NJgroups/Parents2.pdf
Parents of Special Needs Kids http://www.mededfund.org/NJgroups/ParentsSpecialNeeds.pdf
Spanish-speaking & other Cultural Groups: http://www.mededfund.org/NJgroups/Cultural-Language.pdf
Women: http://www.mededfund.org/NJgroups/WomensGroups.pdf
Youth: http://www.mededfund.org/NJgroups/Youth_Groups.pdf

How our Clearinghouse Helps People START Their Own Self-Help Support Groups (2-page handout)

http://www.mededfund.org/NJgroups/**How_we_help_people_start_gps**.pdf **For lay persons**: http://www.mededfund.org/NJgroups/**Start_Community_Group**.pdf
The value of using a "**Shared Leadership**" approach in developing any self-help group: http://www.mededfund.org/NJgroups/**ShareLed**.pdf
For professionals seeking to help lay persons Start a Group: ww.mededfund.org/NJgroups/**Start_Group-Professionals**.pdf
For more how-to materials, available in **our Online Downloadable Library** at our website: http://www.mededfund.org/NJgroups/**LIBRARY**.htm
For **free Clearinghouse phone consultation on starting a group**, as well as additional free literature & networking help, just phone us.
To see NJ list of **Individuals Seeking Others to Help Them Start Specific New Groups**: http://www.mededfund.org/NJgroups/**Current_CIDS**.pdf
Possible **Research-Intern** project ideas for interested undergrad & grad students: http://www.mededfund.org/NJgroups/**SHGpInternResearchIdeas**.pdf

How Professionals Can Support Self-Help Groups http://www.mededfund.org/NJgroups/**How_Professionals_Support_Group**.pdf
How Self-Help Groups Benefit Professionals http://www.mededfund.org/NJgroups/**HowGrpsHelpProfs**.pdf

NJ County, State & National HELPLINES

A handy 2-page handout of nearly 280 local, state & national helplines, and **hotlines:**
http://www.mededfund.org/NJgroups/tollfree.pdf You'll need legal size paper in your printer, to print this out.. Copy pages "back to back" for 1-sheet handout.

To access our Keyword-Searchable Database of NATIONAL, ONLINE & MODEL Self-Help Support GROUPS

http://www.mentalhelp.net/selfhelp (our American Self-Help Group Clearinghouse, where the server space & database software are donated by MentalHelp.net)

NJ Clearinghouse is a program of *St. Clare's Behavioral Health Services,* made possible by a grant from *N.J. State Division of Mental Health & Addiction Services.*

"One of the most important capabilities of community self-help groups is that ordinary people can develop such groups in their local communities where none exist, and subsequently their group usually serves as an extraordinary resource to many people in that area for several years*. I still find it amazing that to start a group,* ***a person doesn't need a grant, an agency, or even an office - just the inspiration and a few other people who share their experience and hope****. What significantly helps in providing such inspiration is a person's knowledge of any existing national organization or a model group, which can provide them with basic information so they don't have to 're-invent the wheel.' "* - E.J. Madara, "Mutual Aid Self-Help Group Developments" Community Psychologist, 39 (3), 2006, p. 21.

"Mutual support groups, involving little or no cost to participants, have a powerful effect on mental and physical health...
The psychological and physical health importance of this diffuse community is striking...
The self-help movement, both in face-to-face and virtual arenas, has tremendous therapeutic potential."
- from American Psychologist feature article "Who Talks?: The Social Psychology of Illness Support Groups"
by K. P. Davison, J. W. Pennebaker, & S.S. Dickerson, (55) 2, pp. 205-217, 2000.

"My years as a medical practitioner, as well as my own first-hand experience, have taught me how important self-help groups are in assisting their members in dealing with problems, stress, hardship and pain... the benefits of mutual aid are experienced by millions of people who turn to others with a similar problem to attempt to deal with their isolation, powerlessness, alienation, and the awful feeling that nobody understands. Health and human service providers are learning that they can indeed provide a superior service when they help their patients and clients find appropriate peer support."
- former U.S. Surgeon General C. Everett Koop, MD, who also served as a member of a self-help group, Compassionate Friends, an international self-help group for bereaved parents, following the sudden death of his own college age son.

If you're reading this as a printed handout and would like **a more practical digital copy**, just go to our homepage **www.NJgroups.org** and **click on** "**Quick Links**" **in the upper right hand corner**, to download this PDF file to your computer for much easier, future reference.