



New Jersey Self-Help Group Clearinghouse

1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) * www.njgroups.org

Announces the new 2008 - 23rd Edition of your **SELF-HELP SUPPORT GROUP DIRECTORY**

Your most comprehensive guide to local community, national & online self-help support groups.

- Updated contacts for over **4,500 self-help support groups in NJ** for addictions, bereavement, disabilities, health, mental health, caregivers, abuse, family, parenting and more. Includes over 250 new groups.
- Over **1,200 national, international, model, and online** self-help groups.
- Includes sections on **how self-help groups help, how to start a group, and suggestions for choosing a group.**
- Over **400 state & national toll-free specialty helplines, local county helplines & various crisis hotlines.**

For over 27 years our Clearinghouse has been helping both the public and professionals to find and form all types of self-help groups. Our database of contacts for over **5,700 support groups & networks is available by just phoning our toll-free number.** We also help people and agencies (free of charge) to start no-fee mutual help groups by providing how-to literature, phone consultation, networking together potential group co-founders, and periodic workshops on starting groups. Existing groups can also call for help, ideas and literature to solve problems and/or improve operations.

Although our Clearinghouse receives funding through the State Division of Mental Health, in order to provide our free services, we depend on income generated through the sale of our Directory. If you, your agency or group, or any professionals with whom you work with might benefit from glancing through (a true education in itself) and using our Directory, we would appreciate your help in letting others know of the availability of our Directory and free services.

Non-refundable prepayment by check or credit card **is required** (sorry, we are unable to accept purchase orders). All orders are mailed "guaranteed return postage" MEDIA/BOOK RATE.

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Highlands Regional Library Cooperative Members

The 2008 Directory is priced @ \$30.00 each **Libraries receive a 25% Discount** (deduct \$7.50 each)

Please send _____ copy (s) of the 2008 Directory @ \$22.50 Subtotal = _____

Packaging & postage: \$3 for first copy, and add \$1 for each additional copy + _____

TOTAL = _____

PAYMENT METHOD: Check (please make your checks payable to "Saint Clare's Health System")
 Credit Card (*credit card orders can also be taken over the phone at 1-800-367-6274*)

Type of Credit Card: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover
Card Account # _____ 3 digit code on back _____
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Mail to: **Self-Help Clearinghouse, Attn: Directory, 375 E. McFarlan St., Dover, NJ 07801-3628**

Your Name: _____ Phone: (____) _____

Library: _____ Email: _____

Street Address: _____

Town, State & Zip Code: _____

DID YOU KNOW...

- Several **reference librarians inspired patrons** (after no group was found for their issue) **to start new community groups** by just letting them know they could, with our free consultation services.
- **18%** of Americans have belonged to a self-help support group at some point in their lives.
- The number of **visits** that those with an emotional problem **make to a self-help group far outstrips** the number made to a psychiatrist, or to a psychologist, or to a doctor, or to a minister.
- People who go to groups learn practical **coping skills** and tools for their **recovery**. They finally feel **understood** and **no longer alone**. They recognize they **can truly help others while helping themselves**, as well as often best advocate for needed research, services, and/or social change.
- Groups complement professional services, and can be a **source of information on both the full range of, and the best professional services available**.
- An increasing number of professionals recognize they **truly serve their clients best** by referring them to the support and help that only “those who have been there” can provide.

OUR FREE SERVICES

- Through our statewide toll-free helpline, we can help you find a support group - from our database of over **4,500 self-help group** meetings in New Jersey, **as well as over 1,200 national and online support networks** for most any illness, disability, addiction, bereavement situation, parenting, caregiver concern, abuse, or other stressful life situation. We can also network you with any of the **over 100 individuals** who are currently seeking others to **start needed new NJ support groups**.
- We help individuals (and agencies) **start groups** free of charge through our telephone consultation, how-to guides, workshops and networking. We've already helped over a thousand groups to start.
- We provide free training workshops on “**How to Start A Support Group,**” “**Basic Facilitation Skills for Self-Help Support Group Leaders,**” and “**Advanced Facilitation Skills.**” The workshops are conducted periodically throughout the state.
- Our Clearinghouse provides free telephone **consultation to new and existing self-help groups**.
- We have a **comprehensive library of free how-to literature** for persons starting, running and maintaining self-help groups (e.g., publicizing your group, fund-raising, dealing with difficult behaviors, promoting shared leadership, programming issues, etc.)
- We can often times **speak** at conferences, agency staff meetings, and other gatherings about the availability, benefits, and research conducted of self-help support groups.
- Our N.J. website - www.njgroups.org - has information on mental health groups, a wealth of **downloadable how-to information** for those starting groups and for existing self-help groups, a list of hundreds of **toll-free helpline numbers, links to other online resources**, and much more!
- We maintain a **Speakers' Bureau** for self-help groups that are looking for new and interesting speakers for their meetings or conferences. Interested persons may add their names to this list.

If you need help in finding a self-help group, a no-fee professionally run support group, or if you may be interested in joining with others to start a new group, give us a call!

1-800-367-6274

that's **1-800-FOR-M.A.S.H. (Mutual Aid Self-Help)**