

National Resources

The following are all free, nonprofit, national resources dedicated to helping people. Included are advocacy organizations, self-help groups, and newsletters.

SUBSTANCE ABUSE/ADDICTIONS

Al-Anon (for relatives and friends of alcoholics)	800-344-2666
Al-Anon Family Group Headquarters	800-356-9996
Alateen (for teen relatives and friends of alcoholics)	800-344-2666
Alcohol and Drug Healthline	800-821-4357
Alcoholics Anonymous (World Service)	212-870-3400
American Council for Drug Education	800-488-DRUG
American Council on Alcoholism	800-527-5344
Center for Substance Abuse Treatment: National Drug Information, Treatment and Referral Hotline	800-662-HELP
Cocaine Anonymous (World Service)	310-559-5833
Co-Dependents Anonymous (addictive relationships)	602-277-7991
Division on Addiction—Harvard Medical School	617-432-0058
Families Anonymous (for families with substance abuse)	800-736-9805
Gamblers Anonymous (GA)	213-386-8789
Harm Reduction Coalition	212-213-6376
Join Together (for communities working to reduce substance abuse)	617-437-1500
Narcotics Anonymous (World Service)	818-773-9999
National Clearinghouse for Alcohol and Drug Information	800-729-6686
National Council on Alcoholism Information Line	800-NCA-CALL
National Institute on Drug Abuse Info-Fax Service	888-NIH-NIDA
Rational Recovery (main office)	530-621-4374
Secular Organization for Sobriety/Save Our Selves (SOS)	310-821-8430
SMART Recovery (national office)	440-951-5357
Sexaholics Anonymous (national office)	615-331-6230

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TRAUMA/PTSD/ANXIETY DISORDERS

Anxiety Disorders Association of America	301-231-8368
Cavalcade Videos (on trauma, for patients and therapists)	800-345-5530
<i>The Healing Woman</i> (trauma survivor newsletter)	P. O. Box 28040 San Jose, CA 95159 www.healingwoman.org
International Society for Traumatic Stress Studies	847-480-9028
<i>Many Voices</i> (trauma survivors newsletter)	513-751-8020
National Center for PTSD and PILOTS Database (extensive literature on PTSD)	802-296-5132; www.ncptsd.org
National Institute of Mental Health Information Line	800-647-2642
National Victim Center Infolink	800-FYI-CALL
<i>PTSD Research Quarterly</i> (summary of new research)	202-512-1800
Sidran Traumatic Stress Foundation (trauma information, support)	888-825-8249

DOMESTIC VIOLENCE

National Domestic Violence Hotline	800-799-7233
National Resource Center on Domestic Violence	800-537-2238

MENTAL HEALTH

Depression Awareness, Recognition and Treatment	800-421-4211
Grief Recovery Helpline	800-445-4808
National Alliance for the Mentally Ill	800-950-6264
National Foundation for Depressive Illness	800-248-4344
National Mental Health Association	800-969-6642

HIV/AIDS/SEXUALLY TRANSMITTED DISEASES (STDs)

AIDS Hotline	800-235-2331
American Social Health Association (sexually transmitted diseases)	919-361-8422
Centers for Disease Control National AIDS Clearinghouse	800-458-5231

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Centers for Disease Control National AIDS Hotline	800-342-2437
Gay Men's Health Crisis Hotline	212-807-6655
Planned Parenthood	800-230-7526

PARENTING/RELATIONSHIPS

American Academy of Husband-Coached Childbirth	800-4A-BIRTH
Child Abuse Prevention Center	888-273-0071
International Childbirth Association	800-624-4934
National Adoption Center	800-TO-ADOPT
National Resource Center	800-367-6724
Parents Helping Parents (free self-help support groups)	800-882-1250

NUTRITION

American Dietetic Association Consumer Nutrition Hotline	800-366-1655
Food Safety Information Line	800-535-4555

MEDICAL PROBLEMS

24-Hour Poison Control Hotline	800-682-9211
Alzheimer's Association	800-272-3900
Alzheimer's Disease Education and Referral Center	800-438-4380
American Cancer Society	800-ACS-2345
American Diabetes Association	800-232-3472
American Heart Association	800-242-8721
American Heart Association—Stroke Information	800-553-6321
American Kidney Fund	800-638-8299
American Liver Foundation	800-223-0179
American Lung Association	800-586-4872
American Optometric Association	314-991-4100
American Paralysis Association	800-225-0292

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American Parkinson Disease Association	800-223-2732
American Red Cross	800-737-8300
Asthma and Allergy Foundation	800-7-ASTHMA
Asthma Information Line	800-822-2762
Brain Injury Association Helpline	800-444-6443
Breast Cancer Hotline	800-877-8077
Cancer Care	212-302-2400
Crohn's and Colitis Foundation	800-932-2423
Cystic Fibrosis Foundation	800-FIGHT-CF
Dial-a-Hearing Screening	800-222-3277
Endometriosis Foundation	800-992-3636
Guillain-Barré Syndrome Foundation International	610-667-0131
Huntington's Disease Society	800-345-HDSA
Impotence Information Center	800-843-4315
Juvenile Diabetes Association	800-533-2873
Lupus Foundation of America	301-670-9292
March of Dimes Birth Defects Foundation	888-MO-DIMES
Myasthenia Gravis Foundation	800-541-5454
National Cancer Institute (information about all forms of cancer)	800-4-CANCER
National Council on Aging Information Center	800-222-2225
National Down Syndrome Society	800-221-4602
National Easter Seal Society	312-726-6200
National Hemophilia Foundation	800-42-HANDI
National Kidney Foundation	800-622-9010
National Marrow Donor Program	800-MARROW-2
National Multiple Sclerosis Society	800-FIGHT-MS
National Neurofibromatosis Foundation	800-323-7938
National Organization for Rare Disorders	800-999-NORD
National Psoriasis Foundation	503-297-1545
National Stroke Association	800-STROKES

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Prevent Blindness	800-331-2020
RP Foundation Fighting Blindness	800-683-5555
Spina Bifida Association of America	800-621-3141
Stuttering Foundation of America	800-992-9392
Sudden Infant Death Syndrome Alliance	800-221-7437
Tourette Syndrome Association	800-237-0717
United Ostomy Association	800-826-0826

WOMEN'S HEALTH

National Women's Health Information Center	800-994-WOMAN
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