



New Jersey

Self-Help Group Clearinghouse

800-367-6274

(TTY: 877-294-4356)

Outside NJ: 973-571-4100, Ext. 256

HELPING YOU FIND AND FORM SELF-HELP GROUPS



**Looking for a support group?
Do you feel as if no one understands
what you are going through?**

You are not alone.

The New Jersey Self-Help Group Clearinghouse is a free statewide service that helps people find or form all types of support groups. We maintain a database of nearly 8,700 support group meetings throughout the state including groups for addictions, mental health, medical issues, abusive relationships, family concerns, loss of a loved one, disabilities, rare illnesses, caregivers and other stressful life situations.

These free or low cost support groups are open to those with a similar problem or life situation, who come together to share coping strategies, experiences and hope with one another. Members develop a sense of community knowing that they are not alone.

Our website offers a variety of helpful resources, as well as a keyword searchable database of support groups.

How We Can Help You Start or Run a Group

The New Jersey Self-Help Group Clearinghouse assists people with their efforts to start a vast variety of self-help support groups.

We also provide free consultation to existing groups.

Our free services include:

Telephone Consultation

We are available by phone and email if you have any questions, would like additional information or if you just want to bounce around an idea.

Literature

We offer extensive literature about starting and running groups, covering topics such as creating a mission statement, getting publicity, finding meeting sites, developing formats, setting ground rules and facilitating.

Workshops

We provide interactive workshops on starting and running groups.

Networking

We can help you network with others who have started, or are running similar groups, or would be willing to help you start the group.

Other Resources

We have additional resource information available.

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messages left during off hours returned next business day



www.NJGroups.org

The New Jersey Self-Help Group Clearinghouse is a service of the Mental Health Association in New Jersey and is funded by the New Jersey Division of Mental Health and Addiction Services.



Mental Health Association
in New Jersey, Inc.

973-571-4100 • www.mhanj.org