

# NEW JERSEY SELF-HELP GROUPS CLEARINGHOUSE

In N.J., phone **1-800-367-6274** or **1-800-FOR-M.A.S.H.** (Mutual Aid Self-Help) \* [www.selfhelpgroups.org](http://www.selfhelpgroups.org)

## Examples of Addiction-Related Support Groups in NJ

For contact information for any of the groups below, as well as information on hundreds of additional national & online support groups, and those seeking to start new groups in N.J., call **N.J. Self-Help Group Clearinghouse** at **1-800-367-6274** or remember the toll-free number easier as **1-800-FOR-M.A.S.H.** (Mutual Aid Self-Help).

**Alcoholics Anonymous** meetings statewide, to include Spanish-speaking groups

**Narcotics Anonymous** meetings statewide

**Cocaine Anonymous** has several groups in Monmouth County, and one each in Middlesex & Bergen.

**Double Trouble in Recovery, Dual Recovery Anonymous, others that are similar**

(for any recovering alcohol/drug addict, who is on psychiatric medication) - various groups in most NJ counties. One can call Clearinghouse for guides to starting a DTR group, available in English or Spanish.

**Signs of Sobriety** (interpreted 12-step groups for those who are deaf or hearing impaired)

**Double Jeopardy** (for those who are HIV+, in recovery from drug abuse) Bergen & Essex counties

**Marijuana Anonymous** one group in Bergen County

**Gamblers Anonymous** meetings statewide

**Overeaters Anonymous** meetings statewide

**GreySheeters** (for recovery from overeating) in Essex & Union counties

**Nicotine Anonymous** has 10 meetings in 6 NJ counties

**International Pharmacists Anonymous** meetings statewide

**Lawyers Concerned for Lawyers** meetings statewide

**Nurse Recovery Groups** meetings statewide

**SMART Recovery (Self-Management And Recovery Training)** - professionally facilitated non-12-step groups for any addiction, meetings in Middlesex & Morris counties.

**Women for Sobriety** (for alcoholism only) Bergen & Ocean counties

**Seniors Count** (for any substance abuse) Bergen County

**Addictions Victorious** (5 Christian 12-step groups in NJ);

their Spanish-speaking group is **Victoria Sobre Adicciones** in Camden County

**Overcomers Outreach** (Christian 12-step for any addiction) – in 3 counties

**JACS** (Jewish Alcoholics, Chemically dependent persons, & Significant others) Bergen County

**Reformers Anonymous** (Christian non-12-step faith-based group) Essex County

**Sexaholics Anonymous** and related groups statewide (those with sexually self-destructive thinking/behavior)

**Debtors Anonymous** (for recovery from compulsive overspending and indebtedness) – in 8 counties

**Clutterers Anonymous** (to solve their common problem with clutter, and help others recover)

*And more groups which you can either join or start.*

(see reverse side for more examples)

## For Families & Friends of Those with an Addiction

**Al-Anon** groups for families and friends of alcoholics; has a few Spanish-speaking groups  
**Alateen** groups for young persons whose lives have been affected by some else's drinking  
**Adult Children Of Alcoholics (A.C.O.A.)**  
**Nar-Anon & Narateen** groups for families and friends of drug abusers  
**Gam-Anon** groups for families and friends of compulsive gamblers  
**Families Anonymous** (parents and families of those with alcohol, drug, and/or behavioral problems)  
**S-Anon** (families & loved ones of those suffering with sexually self-destructive thinking or behavior)  
**BASA (Brothers And Sisters of Addicts - in Essex County)**  
**Parent Support Group - NJ** (groups in 8 NJ counties)  
**Parent-to-Parent** (Camden County)  
**Rap Room Parent-to-Parent Coalition** (Burlington County)  
**Toughlove** & related groups for parents whose children are "out-of-control," often with alcohol/drug abuse problems (varied meetings statewide)  
**Families of Addiction** (Union County)  
**G.R.A.S.P. (Grief Recovery After Substance Passing)** - bereavement group for parents who have lost a child to drug overdose/use (Burlington County, Gloucester & Morris counties).  
*And more groups.*

### **Additional Groups for Professionals in Recovery**

which supplement their use of the primary 12-Step groups:

**Doctors in AA** national support network \* **International Pharmacists Anonymous** \* **Anesthetists in Recovery** \* **International Nurses Anonymous** \* **Veterinarians in Recovery** \* **Social Workers Helping Social Workers** \* **Psychologists Helping Psychologists** \* **International Lawyers in AA** \* **International Ministers & Pastors in Recovery** (support network may be developing in NJ) \* **ICAP (InterCongregational Addictions Program)** for women in religious orders.

### **Online Groups with no local community groups yet**

**Quitnet.com** online support groups and customized guide for smokers wanting to quit. \* **Benzo** online support group for those who want to end benzodiazepine addiction \* **On-Line Gamers Anonymous (OLGA)** for those life facing problems caused by their excessive or compulsive computer game playing \* **OLG-Anon** for partners, family, and friends of people who play computer games compulsively.

### **Groups that Could Be Started in NJ only if...**

#### **Someone Was Interested in Joining with Others to Start One**

**Crystal Meth Anonymous**

**Pills Anonymous** – a model group meets in Manhattan, NY

**Heroin Anonymous**

**Methadone Anonymous** - a few NJ methadone clinics have M.A. groups just for their clients.

**Millati Islami** - a 12-step group for persons of Muslim faith in recovery from alcohol or drugs.

*And other groups*

### **Help from your NJ Self-Help Group Clearinghouse**

For free help in either **finding** or **starting any type of self-help support group** (to include those for any one of the **hundreds of other stressful life problems** (e.g. bereavement, illness, divorce, disability, abuse, etc.) **that too frequently can drive people to substance abuse**, call your **NJ Self-Help Group Clearinghouse** at **1-800-367-6274**, more easily remembered as **1-800-FOR-M.A.S.H. (Mutual Aid Self-Help)**.