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 lgroups 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 Addicciones** 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).

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 theirexcessive 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).

8/08