

NJ STATE & NATIONAL TOLL-FREE SPECIALTY HELPLINES

These toll-free numbers are helpful, free sources of information on a variety of topics. Many of the organizations can provide referrals, literature and other services. For more detailed information on these helplines, as well as hundreds of self-help groups' toll-free numbers not listed here, call our Clearinghouse at 1-800-367-6274, or remember it easier as 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help).

ADDICTION (Alcohol / Drugs) *NJ Addictions Hotline* 800-238-2333 * *SAMHSA* 800-729-6666 (addictions) * *Alcoholics Anonymous* 800-245-1377 (No.); 866-920-1212 (So.) * *Al-Anon* 888-425-2666 (families of alcoholics) * *Nurse Recovery* 800-662-0108 * *Narcotics Anonymous* 800-992-0401 * *Nar-Anon* 877-424-4491 (families of addicts) * *Cocaine Anonymous* 800-347-8998 * *Families Anonymous* 800-736-9805 (families of addicts) * *Lawyers Concerned for Lawyers* 800-246-5527 * *Fetal Alcohol* 800-666-6327 * *Natl Adult Children of Alcoholics* 888-554-2627 * *Natl Council on Alcoholism/Drug* 800-622-2255

ADOPTION *NJ* 800-222-0047 * *National* 800-862-3678.

AGING *NJ Ease* 877-222-3737 (benefits) * *Senior Citizen I&R* 800-792-8820 * *Freedom Eldercare* 866-737-3336 (health care system) * *Eldercare Locator* 800- 677-1116 * *Natl Inst on Aging* 800-222-2225 (literature) * *Natl Council Aging* 800-424-9046 (referrals).

AIDS *Hotline* 800-624-2377 * *CDC* 800-458-5231; TTY 800-243-7012 * *AIDS Info* 800-448-0440; TTY 888-480-3739 * *Project Inform* 800-822-7422 (treatment)

ALZHEIMER *Alzheimer's Assn* 800-883-1180 (No.); 800-272-3900 (So.) * *Alzheimer's Helpline* 800-424-2494 * *Alzheimer Education/Referral* 800-438-4380.

ARTHRITIS *Arthritis Foundation* 888-467-3112.

ASPERGER SYNDROME & high functioning autism 888-918-9198.

ASTHMA / ALLERGY *Asthma/Allergy Network* 800-727-8462 (support).

BEREAVEMENT *Compassionate Friends* 877-969-0010 (child loss) * *SIDS Alliance* 800-221-7437 (sudden infant loss) * *PetFriends* 800-404-7387 (pet loss) * *POMC* 888-818-7662 (homicide loss) * *SHARE* 800-821-6819 (infant loss/miscarriage).

BLIND / VISUALLY IMPAIRED *NJ Commission for Blind* 877-685-8878 * *Recording for Blind/Dyslexic* 866-732-3585 (cassettes/books) * *NJ Library for Blind* 800-792-8322, TTY: 877-882-5593 (cassettes/books) * *Amer Health Assn Fdn* 800-437-2423 (glaucoma/macular degeneration) * *DB-Link* 800-438-9376 (deafblind kids) * *Prevent Blindness* 800-331-2020 * *Braille Inst* 800-272-4553 (kids books) * *Reinitis Pigmentosa* 800-344-4877 * *Guiding Eyes* 800-942-0149 (guide dogs) * *Research to Prev Blindness* 800-621-0026 (literature) * *American Fdn for the Blind* 800-232-5463 (literature) * *Hadley School for Blind* 800-323-4238 (free educ) * *Guide Dogs* 800-548-4337 * *Glaucoma Research* 800-828-6693 (network).

BRAIN INJURY *Brain Injury Association of NJ* 800-669-4323.

BRAIN TUMOR *Natl Brain Tumor* 800-934-2873 * *Pediatric* 866-228-4673.

BUSINESS / CAREER *US Small Bus Admin.* 800-827-5722 * *Service Corp of Retired Executives* 800-634-0245 * *Career Info* 800-222-1309 (career outlooks/descriptions)

CANCER *American Cancer Society* 800-227-2345 * *Cancer Care* 800-813-4673 (counseling) * *Cancer Info Service* 800-422-6237 * *Cancer Hope* 877-467-3638 (support) * *SHARE Breast Cancer* 866-891-2392 * *Network of Strength* 800-221-2141 (24 hr) breast cancer * *S. Komar Breast Cancer* 800-462-9273 * *Gilda Radner Familial Ovarian Cancer* 800-682-7426 * *Cancer Research Inst* 800-992-2623 (info) * *Dana Farber Inst* 800-828-6622 (familial) *Ovarian Cancer Research* 800-873-9569 * *AMC Cancer Info & Counseling* 800-525-3777 * *Int'l Myeloma Fdn* 800-452-2873 * *Anderson Network* 800-345-6324 * *Gynecologic Cancer* 800-444-4441 * *BLOCH Cancer Hotline* 800-433-0464 (network) * *Skin Cancer* 800-754-6490 (literature) * *Patient Advocate* 800-532-5274 (legal) * *Cure Search* 800-458-6223 (childhood) * *Look Good Feel Better* 800-227-2345 * *Cancer Care* 800-813-4673 (support)

CHARITY *AmVets* 800-244-6350 (used clothing) * *Goodwill* 800-741-0186. * *Locks of Love* 888-896-1588 (wigs)

CHILD ABUSE *NJ Child Abuse Hotline*-877-NJ ABUSE * *Parents Anonymous* 800-843-5437 child abuse prevention for parents under stress * *US Customs* 800-232-5378 report internet child porn * *Amer Humane Assn* 800-227-4645 (neglect) * *Child Welfare* 800-394-3366 * *Prevent Child Abuse* 800-244-5373 (literature)

CHILD CARE *Child Care Helpline of NJ* 800-332-9227 * *Natl Assn for Family Child Care* 800-359-3817 (training) * *Natl Child Care Info Ctr* 800-616-2242.

CHILD SUPPORT *NJ Child Support Info* 877-855-4371.

CHOLESTEROL *UAB Eat Right* 800-231-3438 (info).

CONSUMER *U.S. Consumer Prod Safety Commission* 800-638-2772 * *Opt Out* 888- 567- 8688 (junk mail) * *Food/Drug* 888-463-6332. * *Do Not Call Registry* 888-382-1222.

CREDIT COUNSELING *Consumer Credit Counseling Services* 800-388-2227.

CRIME *Victims Witness Hotline* 800-242-0804 (counseling/finance) * *NJ Bias Crime Victims* 800-227-2427 * *We Tip Hotline* 800-782-7483 (general) * *MADD* 800-438-6233 (against drunk driving) * *Stalking Victims* 800-572-7233. * *Trafficking & Exploitation* 888-428-7581 * *Natl Inst of Corrections* 800-995-6423 (mentally ill in prison) * *Consumer Response* 877-382-4357 (fraud) * *Juvenile Justice* 800-851-3420 * *Natl Criminal Justice Reference* 800-851-3420

CYSTIC FIBROSIS *Cystic Fibrosis Fdn* 800-344-4823 (information).

DEAF / HEARING IMPAIRED *NJ Div of Deaf* 800-792-8339 (info) * *ASHA Hearing/Speech* 800-638-8255 (speech disability) * *DB-Link* 800-438-9376 (deafblind kids) * *Hearing Aid* 800-521-5247 (referrals) * *Better Hearing* 800-327-9355 (general) * *Natl Cued Speech Assn* 800-459-3529 * *Described Captioned Media* 800-237-6213 (booktape loans) * *HEAR Now* 800-648-4327 (free hearing aids) * *Dial-A- Hearing Test* 800-222-3277 * *NJ Library* 800-792-8322, TTY: 877-822-5593 (hearing) * *J Tracy School* 800-522-4582 (preschool) * *Natl Inst on Deafness/Communication Disorders* 800-241-1044 (speech, smell, hearing, balance, taste)

DENTAL *Donated Dental Services* 889-471-6334 (free dental).

DEVELOPMENTAL DISABILITIES *NJ Div. of Developmental Dis* 800-832-9173 * *Amer Assn Intellectual & Devel Dis* 800-424-3688 * *Aging & Dev Dis* 800-996-8845 (training).

DIABETES *Amer Diabetes Assn* 800-342-2383 * *Juvenile Diabetes* 800-533-2733 * *Natl Educational Prog* 800-438-5383. * *Natl Diabetes-Digestive-Kidney* 800-891-5390

DISABILITIES *NJ State Office On Disability* 888-285-3036 (late onset) * *SPAN* 800-654-7726 (parents) * *Disability Rights NJ* 800-922-7233 (legal help) * *NE ADA Tech Ctr* 800-949-4232 * *Lifeline Prog* 800-792-9745 (drugs/utilities) * *Family Support Ctr* 800-372-6510 * *ADA Tech Center* 800-949-4232 * *Assistance Technology Advocacy Ctr* 800-342-5832 * *Abledata* 800-227-0216 (technology) * *Easter Seals* 800-221-6827 * *Technical Assistance Alliance for Parents* 888-248-0822 * *Job Accommodation Network* 800-526-7234 * *NICHY* 800-695-0285 (disabled kids) * *Natl Accessible Apartments* 800-421-1221 * *Access Board* 800-872-2253 (advocacy) * *Disabled & Alone* 800-995-0066 (finance plans) * *NJ Library for Blind/ Handicapped* 800-792-8322, TTY: 877-882-5593 (cassettes/books) * *Canine Companions* 866-224-3647 * *ADA Tech Assn* 800-514-0301 * *Rural Inst* 800-732-0323 * *Natl Council on Independent Living* 877-525-3400 * *Thru Looking Glass* 800-644-2666 (disabled parents) * *Project Child Find* 800-322-8174 (education)

DISCRIMINATION *Equal Employment* 800-669-4000 * *Civil Rights* 800-368-1019.

DOMESTIC SECURITY to report suspicious activity 866-472-3365.

DOMESTIC VIOLENCE *nj Hotline* 800-572-7233 * *Natl* 800-799-7233 * *Domestic Abuse for Men/Women* 888-743-5754 *.

DOWN SYNDROME *Down Syndrome Hotline* 800-221-4602 (information).

DYSLEXIA *Natl Ctr for LD* 888-575-7373 * *Dyslexia Assn* 800-222-3123 * *Recording for Blind/ Dyslexic* 866-732-3585

EATING DISORDERS *NJ Eat Disorders Helpline* 800-624-2268 * *National* 800-931-2237

EDUCATION *HECAA* 800-792-8670 financial aid * *Federal Student Aid* 800-433-3243

ENVIRONMENT *Lead* 800-424-5323 * *Chemical Spills* 800-424-9300 * *Indoor Air* 800-438- 4318 * *Safe Drinking Water* 800-426-4791 * *EPA* 800-232-4636 (emergency preparedness)

EPILEPSY *Epilepsy Info Svc* 800-642-0500 (info) * *Epilepsy Fdn* 800-336-5843.

EYECARE *National Eye Care Project* (financial aid) 800-222-3937.

FOOD *Feed America* 800-771-2303 (hunger relief) * *Ctr for Food Safety* 888-723-3366 (info) * *Meat/Poultry Helpline* 800-535-4555 * *STOP* 800-350-7867 (food born infection)

GAMBLING *NJ Cncl Compulsive Gambling* 800-426-2537 * *Gamblers Anonymous* 888-424-3577 * *Natl Cncl Compulsive Gambling* 800-522-4700

GAY / LESBIAN *National Hotline* 888-843-4564 (eve) * *Trevor Project* 866-488-7386 gay, lesbian, bisexual, transgendered, questioning youth.

HEALTH *NJ Dept of Health* info 800-367-6543 * *NJ Family Care* (low cost health insurance) 800-701-0710 * *To Your Health* 888-838-3180 (managed care problems) * *Family Healthline* 800-328-3838 * *Su Familia* 866-783-2645 (Latino health) * *Minority Health Resource* 800-444-6472 * *CDC* 800-232-4636 (general) * *Eat Right* 800-231-3438 (diet) * *NORD* 800-999-6673 (rare disorders) * *Natl Library of Med* 888-346-3656 * *Ctr for Human Genetics* 800-385-3244 (research) * *March of Dimes* 888-663-4637 (birth defects) * *Natl Women's Health* 800-994-9662 * *Healthy Women* 877-986-9472 * *Natl Immunizations Info* 800-232-4636 * *Friends Health Connection* 800-483-7436 (network) * *Natl Inst for Occupational Safety* 800-232-4636 * *Natl Ref Ctr for Bioethics Literature* 800-633-3849 * *Am. Board of Medical Specialties* 866-275-2267 (reference) * *Natl Ctr. Complementary / Alternative Med* 888-644-6226 * *Alliance for Informed Choice in Vaccinations* 800-613-9925 * *Amer Dietetic Assn.* 800-877-1600 (diet) * *Visiting Nurses* 888-866-8773 * *Natl Health Info Ctr* 800-336-4797 * *DES Action USA* 800-337-9288 * *Amer Running Assn* 800-776-2732 * *Natl Inst of Health* 800-624-2663 (general)

HEART *American Heart Assn* 800-242-8721 * *Heart Inst* 800-292-2221 * *Cardiac Arrhythmias* 800-404-9500.

HOSPICE *Natl Hospice* 800-658-8898 * *Hospice Fdn of America* 800-854-3402 * *Hospice Educ* 187-800-331-1620.

HOSPITAL *Hill Burton* 800-638-0742 (free) * *Shriners's Hospital* 800-237-5055 (kids) * *Natl Assn of Hospital Hospitality Houses* 800-542-9730.

HOUSING *NJ Foreclosure Mediation- homeowners* 888-989-5277 * *Legal Services* 888-576-5529 (renters) * *Housing/Mortgage Finance* 800-654-6873 (first time buyers).

IMMIGRATION *Immigration/Naturalization Services* 800-375-5283.

IMPOTENCE *Impotence Information Center* 800-843-4315 (info).

INCONTINENCE *Natl Assn for Continence* 800-252-3337 (info).

KIDNEY *Amer Kidney Fund* 800-638-8299 * *Natl Kidney Fdn* 800-622-9010.

LEGAL *Legal Services of NJ* 888-576-5529 (for those with low income).

LEGISLATION *NJ Legislative* 800-792-8630; *TOD*: 800-257-7490 * *Federal* 800-688-9889 * *League of Women Voters* 800-792-8683 * *Project Vote Smart* * 888-868-3762.

LIFE-THREATENING ILLNESS *Friends of Karen* 800-637-2774 (financial aid) * *Catastrophic Illness in Children* 800-335-3863 (financial).

LITERACY *Literacy Volunteers of NJ* 800-848-0048 (information)

LIVER *Amer Liver Fdn* 877-307-7507 * *Hepatitis Fdn* 800-891-0707.

LUPUS *Lupus Fdn of America* 800-322-5816.

MARROW TRANSPLANTS *BMT LINK* 800-LINK BMT * *Raymond Int'l BM Registry* 800-726-2824

MEDICARE *Medicare* 800-MEDICARE.

MENTAL HEALTH *NJ Mental Health Cares* (info & referrals to services) 866-202-4357 * *NAMI -NJ* (primarily families) 866-626-4437 * *Peer Recovery Warmline* (consumer to consumer) 877-292-5588 * *NJ Partnership for Children* (parents of youth - services) 877-652-7624 * *Speak Up When Your Down* 800-328-3838 (post partum depression) * *CSP-NJ* (consumer issues) 800-227-3729 * *Compeer* 800-836-0475 (buddies) * *NJ Division of MH Services* 800-382-8717 * *Natl Institute of MH* 800-421-4211 (depression/anxiety) * *Mental Health America* 800-969-6642 * *NJ Psychological Assn* 800-281-6572 * *NJ Psychiatrist* 800-345-0143 * *Summit Oaks* 800-753-5223 (referrals to community mental health centers) * *TARA* 888-482-7227 (borderline personality) * *NARSAD* 80-829-8289 (depression and schizophrenia)

MISSING CHILDREN *Child Find* 800-426-5678 * *Ctr for Missing/Exploited Children* 800-843- 5678.

MULTIPLE SCLEROSIS *MS Fdn* 800-441-7055.

MUSCULAR DYSTROPHY *Muscular Dystrophy Family Fdn* 800-544-1213.

ORGAN DONATION *Sharing Network* 800-742-7365 * *Children's Organ Transplant Assn* 800-366-2682 * *Minority Transplant Educ Prog* 800-393-2839 * *Natl Fdn for Transplants* 800-489-3863 * *Living Bank* 800-528-2971

OSTEOPOROSIS *Osteoporosis Helpline* 888-934-2663 (information)

PARENTS *NJ Parent Stressline* 800-843-5437 (24 hr) emotional per support when stressed * *Healthy Families* 800-244-5373 * *Parents Without Partners* 800-637-7974 * *NJ Kinship Connect Warmline (Legal Guardianship)* 877-554-5463 * *NJ ParentLink* www.njparentlink.nj.gov

PARKINSON'S *Natl Parkinson's Fdn* 800-327-4545 (info) * *Parkinson Dis.* Fdn 800-457-6676

PRESCRIPTION DISCOUNTS *NJ PAAD* 800-792-9745 * *Partnership For Prescription Assn* 888-477-2669 * *Rx4NJ* 888-793-6765 * *Senior Gold Prescription Discount* 800-792-9745.

POISON CONTROL CENTER *HOTLINE - NJ* 800-222-1222 (24-hour).

POLICE *Cop-to-Cop* 866-267-2267 (support for police under stress).

PREGNANCY *Natl Hispanic Family Health* 866-783-2645 * *Family Helpline* 800-843-5437 (options) * *Natl Life Center* 800-848-5683 (pregnancy & birth assistance) * *Planned Parenthood* 800-230-7526 * *NJ Safe Haven* 877-839-2339 (surrender newborn).

PROSTATE *Prostatitis Fdn* 888-891-4200 (information).

REHAB *Ctr for Assistive Tech* 800-726-9119 (products) * *Natl Rehab Info.* 800-346-2742 * *Amer Med Rehab Providers* 888-346-4624 (referrals to rehabs).

RUNAWAYS *Natl Runaway Switchboard* 800-786-2929 (crisis/I&R)

SEXUAL ABUSE *RAINN* 800-656-HOPE * *Mil. Servicewomen Sexual Trauma* 888-729-2089.

SEXUALLY TRANSMITTED DISEASES *CDC* 800-232-4636 * *Amer Social Health* 800-227-8922.

SMOKING CESSATION *NJ QuitNet* *QuitLine* 866-657-8677 (bilingual).

SOCIAL SECURITY *Sec Soc* 800-772-1213 * *NJ WIN* 877-659-4672 (work).

SPINAL CORD INJURY *C. Reeve Paralysis Center* 800-539-7309 (info) * *Natl Spinal Cord Injury* 800-962-9629 * *Paralyzed Vets* 800-424-8200 * *Spinal Cord Injury Prevention* 800-342-0330.

SUICIDE 800-784-2433, 800-SUICIDE; 800-273-8255; TTY: 800-799-4889 800-273-8255 (24 hr)

SUPPORT GROUPS - NJ Self-Help Group Clearinghouse 800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) help in finding or starting any group.

TAX INFORMATION *New Jersey* 800-323-4400 * *Federal* 800-829-1040.

THERAPISTS *NJ Psychologists* 800-281-6572 * *NJ Psychiatrists* 800-345-0143 * *Summit Oaks Hospital* 800-753-5223 (referrals to community mental health centers)

TRANSPORTATION *Access Link* 800-955-2321; TTY: 800-955-6765 (paratransit)

UTILITIES *NJ Asst Prog* 800-510-3102 * *Lifeline Prog* 800-792-9745 (utility bills).

VETERANS / MILITARY *NJ Vet2Vet* peer support & help for military families 800-866-838-7654 * *Veterans' Suicide Hotline* 800-273-8255 * *Homeless Vets & vets at risk of becoming homeless* 877-424-3838 * *Army Community Service* 800-877-2380 (info/referral) * *Army Wounded Soldier* 800-984-8523 * *Disabled American Vets* 877-426-2838 * *Paralyzed Vets* 800-424-8200 * *Dept. Vet Affairs* 800-827-1000 * *Disabled Vets Job Assn* 800-378-4559 ext. 2 * *Natl Vets Service Fund* 800-521-0198 (vets with disabled children) * *Vietnam Vets* 800-843-8626 * *VA Special Issues Helpline* 800-749-8387 (Gulf War/Agent Orange) * *Mil. Sexual Trauma* 888-729-2089.

VOLUNTEER * *Volunteers of America* 800-281-4354.

WELFARE / FOOD STAMPS *Div of Family Development* 800-792-9773.

WISH GRANTING *Give Kids the World* 800-995-5437 * *Make-A-Wish* 800-722-9474 * *Special Wish* 800-486-9474 * *Children's Wish* 800-323-9474.

WOMEN *NJ Women's Referral* 800-322-8092 * *Menopause Soc* 800-774-5342.

YOUTH *NJ's 2nd Floor Youth Helpline* 888-222-2228 (crisis) * *natl NineLine* (youth crisis) 800-999-9999 * *Girl's/Boy's Town* (youth crisis) 800-448-3000 * *Youthline* 877-968-8454 (listening) * *Trevor Project* 866-488-7386 helpline for gay, lesbian, bisexual, transgendered youth or youth with questions * *natl Children's Defense Fund* 800-233-1200 (advocacy).