

APPENDIX L

SELF-HELP GROUPS

The following list is only a sample of the many self-help groups in existence.

GENERAL HEALTH

American Medical Association
<http://www.ama-assn.org>

America's Doctor
<http://americasdoctor.com>

Black Health Net
<http://www.blackhealthnetwork.com>

HealthSouth
<http://www.healthsouth.com>

Insure Kids Now!
1(877) 543-7669

Kid's Health
<http://www.kidshealth.org>

Medicine Net
<http://www.medicinenet.com>

Thrive: Online Health and Fitness
<http://www.thriveonline.oxygen.com>

SERIOUS PHYSICAL ILLNESS

AIDS:

AIDS Partnership of Michigan:
1(800) 515-3434 or (313) 448-9800 or
1(800) 872-2437

ALZHEIMER'S DISEASE AND RELATED DISORDERS:

Alzheimer's Association (e.g., Neurological Disorders, such as tics, Jacob Arentzfelt, Multi-Infarct Dementia).
Call Alzheimer's Disease and Related Disorders, Inc.
1(800) 337-3827 or (248) 557-8277

AMPUTEES:

Amputee Support & Service Group:
(248) 858-3111

ARTHRITIS:

Arthritis Foundation of Michigan
1(800) 968-3030 or (248) 424-9001
<http://www.arthritis.org/>

CANCER:

The American Cancer Society
1(800) 227-2345 or (248) 557-5353
(Sponsors two self-help groups)

“I Can Cope” – A more structured self-help program for cancer patients. Meets once a week for nine weeks at seventeen hospital locations in the Metro area.

“Focus on Living” – Self-help groups for cancer patients and families and friends of people who have cancer. Most meetings at 9 locations in the Metro area.

“Reach to Recovery” – A home visitor volunteer reassurance support program for women who have undergone a mastectomy (volunteer has also had a mastectomy).

The Association of Cancer Online Resources, Inc.
<http://www.acor.org>

Children’s Hospital Social Work Department
(313) 745-5281

National Alliance of Breast Cancer Organization (NABCO)
<http://www.nabco.org/>

National Cancer Institute (NCI)
<http://www.nci.nih.gov>

CEREBRAL PALSY:

United Cerebral Palsy Association of Michigan
1(800) 828-2714 or (517) 203-1200

**COLOSTOMY-ILEOSTOMY-
UROSTOMY:**

United Ostomy Association of Greater Detroit
(313) 533-1020

United Ostomy Association of Oakland County
(248) 646-2788

CYSTIC FIBROSIS:

Cystic Fibrosis Foundation
1(800) 968-7169 or (248) 269-8759

DIABETES:

American Diabetes Association
1(800) 342-2383
<http://www.diabetes.org>

HEART DISEASE:

“Mended Hearts” meets monthly at Heart Association of Michigan. A self-help group for persons who have undergone heart surgery.
Call Brother Patrick Keeny at (313) 531-0562, or (248) 471-8271 or (248) 626-2833

HEMOPHILIA:

Hemophilia Foundation
1(800) 482-3041

KIDNEY DISORDERS:

Kidney Foundation of Michigan
1(800) 482-1455 or (734) 971-2800

LEUKEMIA:

Children's Leukemia Foundation
(248) 353-8222 or 1(800) 825-2536
(Children and Adults)

LUNG DISORDERS:

American Lung Association: Sponsors a "Breather's Club" for persons with emphysema or any debilitating lung disease.
(248) 359-5864 or 1(800) LUNG-USA

MUSCULAR DYSTROPHY:

Muscular Dystrophy Association
(734) 416-7076

MYASTHENIA GRAVIS:

Myasthenia Gravis Association
(248) 423-9700

PARKINSON DISEASE:

Parkinson Disease Foundation
1(800) 852-9781 or (248) 433-1011

Royal Oak Beaumont Hospital
(248) 258-3758

American Parkinson Disease Association
1(800) 223-2732

SPINA BIFIDA:

Spina Bifida Association
(248) 359-1545

WILLIAMS SYNDROME:

Williams Syndrome Association (WSA):
(248) 541-3630

TERMINAL ILLNESS

Children's Hospice International
1(800) 242-4453

Cranbrook Hospice
(248) 643-8855

Hospice of Michigan
(248) 253-2580

Maggie Allesee Center for Quality of Life, Hospice
(313) 578-5000

Social Work Department of William Beaumont Hospital
(248) 551-3160

MENTAL HEALTH - EMOTIONAL WELL-BEING

Agoraphobics:
Agoraphobics In Motion [AIM] Office
(248) 547-0400

Alliance for Mentally Ill of Michigan:
A support group for relatives of the mentally ill. For time and location of meetings call
1(800) 331-4264 or (517) 485-4049

Depression-net:
<http://www.depression-net.com>
Depression and Related Affective
Disorders Association:
<http://www.med.jhu.edu/drada>

Emotions Anonymous:
Metro Detroit hotline
(734) 427-8193

Oakland Support Group:
(248) 706-0591

Rape, Abuse, and Incest National Network
1(800) 656-4673

Recovery Inc.:
(The Association of Nervous and Former Mental Patients.) A non-profit organization for persons who are recovering from serious depression, who need an aftercare program following hospitalization, to help maintain recovery of former mental patients. Provides training in self-directed help, self-leadership and healthy self-reliance. The program is based on work of late Dr. Abraham Low, M.D. and his book: *Mental Health Through Will Training*.
(313) 561-2521
P. O. Box 40511
Detroit, Michigan 48240

Schizophrenics Anonymous:
(517) 485-7168 or 1 (800) 482-9534

CHEMICAL DEPENDENCY/COMPULSIVE HABITS/DISORDERS

Alanon Family Groups and Alateen:
For persons related to alcoholics
(313) 242-0300 or 1(800) 813-3105

Alcohol and Drug Abuse Hotline:
1(800) 252-6465

Alcoholics Anonymous:
(248) 332-3521 or (248) 332-6116
<http://www.recovery.org/aa/>

Eating Disorders—Anorexia & Bulimia:
William Beaumont Hospital
Royal Oak (248) 646-6659

Families Anonymous:

A group for friends and relatives of persons who have such problems as drug abuse (including alcoholism), runaway, hostility, delinquency, etc.

Based on AA Program format.

Call Ruth (248) 435-5317

Hotline (248) 286-0455

Gam-Anon:

Persons related to gamblers

(313) 792-2877

Gamblers Anonymous Unity:

For compulsive gamblers

(313) 792-2877

Oanon:

A group to serve the needs of families of compulsive overeaters.

(313) 438-4357

Overeaters Anonymous:

(248) 988-0109 or (313) 438-4357

Narcotics Anonymous:

Persons with a drug problem. Detroit area answering service:

(248) 543-7200 or (877) 338-1188

National Rehabilitation Information Center:

1(800) 346-2742

Women for Sobriety:

<http://www.womenforsobriety.org>

MENTAL IMPAIRMENT

ARC, The

680 East Maple

Birmingham, MI 48011

(248) 816-1900

Parent to Parent Program:

For Parents or guardians of mentally retarded persons. Call or write.

SUICIDE AND CRISIS INTERVENTION

Common Ground Sanctuary:

24-Hour Crisis Lines: 1 (800) 231-1127

(810) 456-0909

Psychiatric Screening: (810) 456-1919

Business Phones: (810) 456-8150

Ozone House Youth & Family Service

Crisis Phone: (734) 662-2222

Business Phone: (734) 662-2265

University of Michigan Health System

Crisis Phone: (734) 936-5900

Business Phone: (734) 936-4960

LOSS/BEREAVEMENT

GENERAL:

Association for Death Education and Counseling:

Gives information on support groups for persons experiencing grief or a personal loss (e.g., widows, Hospice information, etc.)

PO Box 3272 Ann Arbor, MI 48106

(810) 862-0662.

BEREAVED PARENT GROUPS:

Compassionate Friends:

Assists families toward the positive resolution of grief following the death of a child of any age. It is a national nonprofit, self-help support organization that offers support for parents, grandparents and siblings. There is no religious affiliation.

<http://www.compassionatefriends.org/>

Family Bereavement Center:

(313) 832-3555

"First Sunday":

For families who have lost a child to any cause, at any age.

(810) 798-8717

GriefNet:

<http://griefnet.org/resources/parents.html>

Parents of Murdered Children (POMC):

(248) 932-3888

Save Our Sons and Daughters (SOSAD):

For the Parents of murdered children.

(313) 361-5200.

FOR THOSE AFFECTED BY SUICIDE-HOMICIDE:

Survivors of Homicide:

(248) 456-0909

STILLBIRTH, NEONATAL, MISCARRIAGE, SUDDEN INFANT DEATH SYNDROME:

Providence Hospital:

(248) 650-3512

SIDS Troy Beaumont:

(248) 650-3514

Sudden Infant Death Syndrome Alliance:

1(800) 221-7437

Sudden Infant Death Syndrome Parents Groups (S.I.D.S.) MI SIDS Alliance:

(517) 485-7437 or 1(800) 331-7437

S.E. Michigan S.I.D.S. Foundation:

Support groups for parents, provides information on S.I.D.S., films and education materials.

(313) 494-0222.

Surviving Our Loss (S.O.U.L.):

Sponsored by Hutzel Hospital, Detroit

(313) 745-7279

SEPARATION DIVORCE REMARRIAGE

Bethany:

An association of separated or divorced Christians. Program is open to all Christian faiths. Call the Family Life Office of the Archdiocese of Detroit for information on a group in your area.
(734) 414-1235

Helpmates at Crown of Life Lutheran Church:

A peer-based support group to assist the grieving and growth process for any adults who are separated, divorced or widowed.
(248) 652-7720

Parents Without Partners:

A support group/social-activists group for single parents (bi-monthly meetings, dances, outings, discussion groups, etc.) Monthly newsletter. Oakland County Chapters:
Birmingham-Bloomfield (248) 541-3420
Rochester (248) 656-0581
Royal Oak (248) 435 0757 or (800) 637-7974

Space: For Changing Families:

Drop-in discussion groups for those men and women, who are divorced, separated or widowed; rap session for children of parents who are divorced, widowed, or separated; weekend family retreats, educational programs. Programs are nondenominational, and nonsectarian.
(248) 355-9936

Stepfamily Association of American:

1(800) 735-0329

MARRIAGE AND PARENTING

Active Parenting:

1(800) 825-0060

Family Anonymous:

1(800) 736-9805

Family Resource Center:

1(800) 676-2229

Marriage Encounter:

For married couples in the form of a weekend "retreat" which concentrates on improving communications between spouses.
(313) 882-5959

Natural Family Planning:

International groups, meetings, with trained resource persons in alternatives to assist couples who currently use the "natural method" of birth control. St. Joseph Hospital.
(248) 858-6272

Nurturing Network:

1(800) 866-4666

Parents Help Line:

For parents who are experiencing personal problems with child abuse (discussion groups, telephone support among members, professional counseling)
1(800) 942-4357

Planned Parenthood:
1(800) 230-7526

Talking to Kids About Tough Issues:
1(800) 244-5344

Tough Love:
A self-help program for parents troubled by teenage behavior and want to do something about it.
Clarkston (248) 334-4079 or (810) 732-7571
Tough Love International 1(800) 333-1069

WIDOWED MEN AND WOMEN

A New Beginning:
William R. Potere Funeral Home
Rochester
(248) 651-8137

GriefNet:
<http://griefnet.org/resources/widowed.html>

Helpmates at Crown of Life Lutheran Church
Rochester Hills
(248) 652-7720

NAIM Chapters:
Archdiocese of Detroit
(734) 414-1235

New Life:
St. Joseph Church
Lake Orion
(248) 693-1398

Personal Approach to Loss:
Desmond Funeral Home
Troy
(248) 362-2500

SPACE:
(248) 355-9936

Welcome to Widow:
St. Columban
Birmingham
(248) 646-5246

Widowed-Coping Together:
Waterford
(248) 623-6500

You Are Not Alone:
Pixley Memorial Chapel
Rochester
(248) 651-9641

SUPPORT GROUPS FOR (AND PARENTS OF) HOMOSEXUALS/LESBIANS

Homosexuals Anonymous:
1(800) 288-4237

Parents and Friends of Lesbians and Gays Federation, Inc.:
1012 14th Street NW
Washington, DC, 20005
(202) 467-8180
1(800) 4FAMILY or (202) 638-4200

Parents Flag (PFLAG):
A local chapter of Federation – listed above
P.O. Box 1169
Royal Oak, MI 48068-1169
(248) 656-2875 or (248) 324-2524

Out Youth Often Helpline:
1(800) 969-6884

SUPPORT GROUPS FOR SENIOR CITIZENS

Birmingham Area Senior Coordinating Council (BASCC):
(248) 203-5270

Community Services of Oakland:
(248) 542-5860

Mature Minglers:
Bloomfield Hills
(248) 341-6450

Older Adult Services–Catholic Social Services:
(248) 333-3700

Senior Support Services:
(248) 647-9010

Well Being for Aged Parents:
(Coping with aged parents)
Madison Heights (248) 967-7700
Southfield (248) 355-9936
Rochester Hills (248) 858-6411

William Beaumont Older Adult Services:
1(800) 328-2241

SUPPORT GROUPS FOR WOMEN

Lighthouse:
(248) 335-2462

MPPD-Mothers with Post-Partum Depression:
1(800) 944-4PPD

Oakland Family Services:
(248) 858-7766

Woman Care:
<http://www.womencare.com>

Women's Center–Oakland Community College: A Women's Gathering
(248) 522-3542

Women's Health Interactive:
<http://www.womens-health.com>

Women's Survival Center:
(248) 335-2685

Woman to Woman:
(248) 652-5269

SUPPORT GROUPS FOR MEN

Fathers For Equal Rights:
To assist fathers with visitation rights problems or legal problems, or for any man who is newly widowed and in a custody dispute. Referrals also made to community resources.
Southfield
(248) 354-3080 or 1(900) 225-3080

Institute for Responsible Fatherhood:
1(800) 732-8437

OTHER SELF-HELP SUPPORT GROUPS

Adoption Identity Movement of Michigan:
A search and support group for persons who have been adopted and who are concerned about their parents of birth. Also open to adoptive parents.
(248) 548-6291

Prosecutors Victim Assistance Program:
(248) 858-0707

Victim's Support Group-Mothers Against Driving Drunk:
1(800) 323-6233 or (517) 631-6233