



Finding the Support You Need

Once you have identified your needs, you will need to do some research to find the right support system. Try these resources:

PUBLIC LIBRARY. Librarians can show you lists of national groups or associations, and may also have compiled information on local organizations.

TELEPHONE BOOK. Check:

1. yellow pages under "Associations."
2. the Subject Index under the name of the topic you're interested in (for example "Diabetes").
3. community service pages in the front of the directory.

YOUR DOCTOR. Many doctors can recommend self-help groups and support organizations for medical or other conditions.

YOUR LOCAL HOSPITAL OR MEDICAL CENTER. Ask at the patient relations office.

12-STEP PROGRAMS. Alcoholics Anonymous offers tremendous support to people recovering from alcoholism or drug addiction. Al-Anon and Alateen support the family and friends of alcoholics and addicts. Other 12-step programs modeled on AA focus on eating disorders, drug addiction, gambling, etc.

SCHOOL COUNSELORS. They can help you find resources for needs of children and parents.

RELIGIOUS ORGANIZATIONS. Most clergy can help you or refer you to help for a crisis or ongoing problem. They're often a source of comfort during times of distress.

LOCAL BULLETIN BOARDS. Check supermarket or laundromat bulletin boards for meetings of self-help or support groups.

JUST ASK! Friends or business associates may have the information you need.

START YOUR OWN SUPPORT GROUP. Can't find the support you're looking for? Chances are someone else has the same need. Try starting your own group. By making support and information available to others, you'll also feel better yourself.