

N.J. 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. Our annual **Directory** provides much greater detail on all these helplines, as well as hundreds of the self-help groups' toll-free helplines. For more info, call **1-800-367-6274**.

ADDICTIONS Addictions Hotline of NJ 800-238-2333, TTD line for persons who are deaf 800-225-0196 * *Nat'l Substance Abuse Helpline* 800-662-4357, Spanish 877-767-8432 * *Nat'l Clearinghouse for Alcohol & Drug Information* 800-729-6686 * *Alcoholics Anonymous* 800-245-1377 * *Nar-Anon* 800-484-7385 x4257 (families of addicts) * *Cocaine Anonymous* 800-347-8998 * *Stop Smoking Quitline* 866-657-8677 * *Families Anonymous* 800-736-9805 (parents/families of addicts) * *Lawyers Concerned for Lawyers* 800-246-5527 * *NJ Nurse Recovery* 800-662-0108 * *Community Recovery* 800-292-8262 (veterans).

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

ADVOCACY *NJ Protection & Advocacy* 800-922-7233 (legal help - disabled).

AGING *NJ Ease* 877-222-3737 (benefits) * *Senior Citizen I&R* 800-792-8820 * *NJ Lifeline Prog* 800-792-9745 (utility) * *Eldercare Locator* 800-677-1116.

AIDS *Pediatric/Family HIV Res* 800-362-0071 * *AIDS Hotline* 800-624-2377 * *Teens*: 800-618-8336 * *CDC*: 800-342-2437, Spanish-speaking: 800-344-7432

ALZHEIMER *Alzheimer's Assn* 800-272-3900 * *Alzheimer Ed/Ref* 800-438-4380.

ARTHRITIS *Arthritis Foundation* 888-467-3112.

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

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

BEREAVEMENT *Compassionate Friends* 877-969-0010 (child loss) * *SIDS Alliance* 800-221-7437 (sudden infant loss) * *PetFriends* 800-404-7387 (pet loss).

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; Spanish: 800-582-5945 (cassettes/books) * *Amer Health Assn Fdn* 800-437-2423 (glaucoma/macular degeneration) * *DB-Link* 800-438-9376 (deaf/blind kids) * *Prevent Blindness Amer* 800-331-2020 * *Braille Inst* 800-272-4553 (kids books) * *Retinitis Pigmentosa Int'l* 800-344-4877 * *Guiding Eyes for the Blind* 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* 800-826-6693 (network).

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

BRAIN TUMOR *Nat'l Brain Tumor* 800-934-2873 * *Pediatric* 866-228-4673.

BUSINESS DEVELOPMENT *US Small Bus Admin.* 800-827-5722 * *Service Corp of Retired Executives* 800-634-0245.

CANCER *American Cancer Society* 800-227-2345 * *Cancer Care* 800-813-4673 (counseling) * *Cancer Information Service* 800-422-6237 * *Cancer Hope Network* 877-467-3638 (support) * *SHARE Breast Cancer Helpline* 866-891-2392 * *Y-Me 24-hr Breast Cancer Hotline* 800-221-2141 * *S. Koman Breast Cancer Fdn* 800-462-9273 * *Gilda Radner Familial Ovarian Cancer Registry* 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 Fdn* 800-444-4441 * *BL.OCH Cancer Hotline* 800-433-0464 (network) * *Skin Cancer* 800-754-6490 (literature) * *Patient Advocate* 800-532-5274 (legal) * *Nat'l Childhood Cancer* 800-458-6223 (advocacy) * *Candlelighters* 800-336-2223 (childhood cancer/families).

CEREBRAL PALSY *NJ United CP* 888-322-1918 * *Nat'l UCP* 800-872-5827.

CHARITY *AmVets* 800-244-6350 (used clothing) * *Goodwill* 800-741-0186.

CHILD ABUSE *NJ Child Abuse Hotline* 1-877-NJ ABUSE (877-652-2873) * *NJ Child Advocate Helpline* 877-543-7864; *Parents Anonymous* 800-843-5437 (for parents under stress, who feel they may be in danger of abusing their child).

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

CHILD SUPPORT *NJ Child Support Info* 800-621-5437.

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

CONSUMER *U.S. Consumer Prod Safety Comm* 800-638-2772 * *Opt Out* 888-567-8688 (junk mail) * *Toy Safety* 877-486-9723 * *Food/Drug* 888-463-6332.

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

CRIME *Victims Witness Hotline* 800-242-0804 (counseling/finance) * *NJ Bias Crime Victims* 800-242-0804 * *We Tip Hotline* 800-782-7463 (general) * *GAINS* 800-311-4246 (mentally ill addicts in court) * *MADD* 800-448-6233 (against drunk driving) * *Stalking Victims* 800-572-7233. * *Trafficking & Exploitation* 888-428-7581 (Mon.-Fri., 9am-5pm).

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

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

DEAF / HEARING IMPAIRED *NJ Div of Deaf* 800-792-8339 (info) * *ASHA Hearing/Speech* 800-638-8255 (speech disability) * *DB-Link* 800-438-9376 (deaf/blind kids) * *Captioned Media* 800-237-6213 (book/tape loans) * *HEAR Now* 800-648-4327 (free hearing aids) * *Dial-A-Hearing Test* 800-222-3277.

DENTAL *Donated Dental Services* 888-471-6334 (free dental).

DEVELOPMENTAL DISABILITIES *NJ Div. of Developmental Disabilities* 800-832-9173 * *Amer Assn Mental Retardation* 800-424-3688 * *Aging & Mental Retardation* 800-996-8845 (training).

DIABETES *Amer Diabetes Assn* 800-342-2383 * *Nat'l Educ Prog* 800-438-5383.

DISABILITIES *NJ State Office On Disability* 888-285-3036 * *SPAN* 800-654-7726 (parents) * *State Coord Council* 877-909-7422 (parents) * *NE ADA Tech Center* 800-949-4232 * *Library for Blind/Handicapped* 800-792-8322; Spanish: 800-582-5945 * *Lifeline Prog* 800-792-9745 (drugs/utilities) * *Family Support Ctr* 800-372-6510 * *Americans w Disabilities Act* Tech Center 800-949-4232 * *Assistance Technology Advocacy Ctr* 800-342-5832 * *Abledata* 800-227-0216 (assists with technology issues) * *Alliance for Tech Access* 800-455-7970 (computers) * *Easter Seals* 800-221-6827 * *SNAP* 888-310-9889 (parents of spec needs) * *Technical Assistance Alliance for Parents* 888-248-0822 * *Job Accommodation Network* 800-526-7234 * *NICHY* 800-695-0285 (disabled kids) * *Nat'l Accessible Apartments Clearinghouse* 800-421-1221 * *Access Board* 800-872-2253 (advocacy) * *Disabled & Alone* 800-995-0066 (finance plans).

DOMESTIC VIOLENCE *NJ Hotline* 800-572-7233 * *Nat'l* 800-799-7233.

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

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

DYSLEXIA *Natl Ctr for LD* 888-575-7373 * *Dyslexia Assn* 800-222-3123.

EATING DISORDERS *Eat Dis Helpline* 800-624-2268 * *AABA* 800-522-2230.

EDUCATION *HESAA* (financial aid information for H.S. and college students) 800-792-8670 * *Federal Student Aid* 800-433-3243 * *Nat'l Assn for Educ of Young Children* 800-424-2460 * *Job Corps* 877-872-5627 (trains youth).

ENERGY *NJ Assn Prog* 800-510-3102 * *Lifeline Prog* 800-792-9745 (utility).

ENVIRONMENT *Lead* 800-424-5323 * *Chemical Spills* 800-424-9300 * *American Public Information for the Environment (P.I.E.)* 800-320-2743 * *Indoor Air Quality* 800-438-4318 * *Safe Drinking Water* 800-426-4791.

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

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

FOOD *America's Second Harvest* 800-771-2303 (hunger relief) * *Center for Food Safety* 888-723-3366 (info) * *Meat/Poultry Hotline* 800-535-4555.

GAY/LESBIAN *National Hotline* 888-843-4564 (evenings).

GAMBLING *Council on Compulsive Gambling of N.J.* 800-426-2537.

HEALTH *NJ Dept of Health* info 800-367-6543 * *NJ Family Care* (low or no cost state-funded family health insurance) 800-701-0710 * *To Your Health* 888-838-3180 (managed care problems) * *Black Infant/Better Survival* 888-414-2427 * *Family Helpline* 800-328-3838 * *Su Familia* 866-783-2645 (Latino health info) * *Nat'l Alliance Hispanic Hlth* 800-504-7081 * *Minority Health Resource Ctr* 800-444-6472 * *Center for Disease Control* 800-311-3435 * *Eat Right* 800-231-3438 * *NORD* 800-999-6673 (rare disorders) * *Nat'l Library of Med* 888-346-3656 * *Nat'l Institute of Allergy/Infectious Diseases* 800-243-7644 (trials) * *Ctr for Human Genetics* 800-283-4316 (research) * *March of Dimes* 888-663-4637 (birth defects) * *Nat'l Health Info Center* 800-336-4797 (literature) * *Nat'l Women's Health Info* 800-994-9662 * *Nat'l Women's Health Resource Ctr* 877-986-9472 * *Genetic Alliance* (genetic illnesses) 800-336-4363 * *Nat'l Immunizations Info* 800-232-4636 * *Nat'l Inst for Occupational Safety* 800-232-4636 * *Nat'l Ref Ctr for Bioethics Literature* 800-633-3849 * *Am. Board of Medical Specialties* 866-275-2267 (reference) * *Nat'l Ctr. Complementary / Alternative Med* 888-644-6226.

HEART *American Heart Association* 800-242-8721 * *Heart Inst* 800-292-2221.

HOSPICE *Nat'l Hospice* 800-658-8898 * *Children's Hospice* 800-242-4453 * *Hospice Fdn of Amer* 800-854-3402 * *Hospice Educ Inst* 800-331-1620.

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

HOUSING *Hope Now Alliance* (mortgage problems) 800-995-4673 * *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 *Nat'l Assn for Continence* 800-252-3337 (info).

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

LEGISLATION *NJ Legislative* 800-792-8630 * *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.

LYME *Lyme Disease* 800-792-8831 * *Nat'l Lyme Disease Fdn* 800-886-5963.

MARROW TRANSPLANTS *BMT LINK* 800-LINK BMT * *C. Raymond Int'l Bone Marrow Registry* 800-726-2824 * *Nat'l Marrow Donor Prog* 800-627-7692.

MEDICARE *Medicare* 800-MEDICARE.

MENINGITIS *Meningitis Fdn* 800-668-1129 (information)

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 * *NJ Parents' Caucus* (parents of youth - advocacy) 866-560-6572 * *Post-partum Depression Helpline* 800-328-3838 * *CSP-NJ* (consumer issues) 800-227-3729 * *Compeer* 800-836-0475 (buddies) * *N.J. Division of MH Services* 800-382-6717 * *Nat'l Institute of MH* 800-647-2642 * *Nat'l MH Information Center* 800-969-6642.

MILITARY - *Deployment Helpline* 866-559-1627 * *Army Wounded Soldier Helpline* 800-984-8523 * Also see "Veterans" helplines below.

MISSING CHILDREN *Vanished Children Alliance* 800-826-4743 * *Child Find* 800-426-5678 * *Center 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

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

PARENTS *Healthy Families* 800-244-5373 * *Parents Without Partners* 800-637-7974 * *Moms of Preschoolers* 800-929-1287 (Christian parent groups) * *NJ Kinship Navigator* (help for grandparents who are parents) 877-816-3211.

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

PARKINSON'S *Nat'l Parkinson's Fdn* 800-327-4545 (information)

PHARMACEUTICAL *NJ PAAD* 800-792-9745 (pharmaceutical aid) * *Pharmaceutical Patient Asst Directory Line* 800-762-4636 (financial aid).

PREGNANCY *Nat'l Hispanic Prenatal Health Helpline* 800-504-7081 * *Nat'l 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 Rehab Tech* 800-726-9119 * *Nat'l Rehab Info.* 800-346-2742.

RUNAWAYS *Nat'l Runaway Switchboard* 800-621-4000 (crisis/l&R) * *Nat'l Youth Crisis Hotline* 800-448-4663 (crisis).

SEXUAL ABUSE *Woman's Crisis* 800-572-7233 * *RAINN* 800-656-HOPE.

SEXUALLY TRANSMIT. DISEASES *CDC* 800-232-4636.

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

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

SPINAL CORD INJURY *C. Reeve Paralysis Center* 800-539-7309 (info). *Nat'l Spinal Cord Injury Hotline* 800-962-9629 * *Paralyzed Vets* 800-424-8200.

SUICIDE 800-784-2433, 800-SUICIDE, 800-273-8255 (24 hr. crisis help).

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 * *national Therapists*: 800-843-7274.

THYROID *Thyroid Society for Education/Research* 800-849-7643.

TRANSPORTATION *NJ Transit* 800-772-2222.

VETERANS benefits info 888-865-8387 * *NJ* counseling service 866-838-7654 * *Veterans' Suicide Prevention Hotline* dial 800-273-8255, then press 1.

VOLUNTEER *Connections* 800-VOLUNTEER * *Vol of Amer* 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 *NineLine* 800-999-9999 (crisis) * *Girls/Boys's Town* 800-448-3000 * *Youth Crisis* 800-448-4663 * *KID SAVE* 800-854-3123 * *Children's Defense Fund* 800-233-1200 (advocacy) * *Action Parent/Teen Support* 800-367-833