

Hotlines and Self-Help/Support Groups

Note: Because leadership changes often in self-help groups, the listed telephone numbers may change. Hotline information/referral #s are for reaching those who can provide crisis counseling, refer callers to local agencies, and provide information and/or printed materials.

State & National Hotlines

Abortion Hotline.....	800/772-9100
Al-Anon/Alateen.....	800/344-2666, 800/356-9996
Alcohol Hotline.....	800/ALCOHOL
Alzheimer's Association.....	800/272-3900
Alzheimer's Disease Education & Referral Center.....	800/438-4380
American Trauma Society.....	800/556-7890
Be Sober Hotline.....	800/237-6237
Better Hearing Institute.....	800/327-9355
Boy's Town National Hotline.....	800/448-3000
Cancer Information Service.....	800/4-CANCER
Cancer Research Society.....	800/222-1533
CDC (Nat'l.) Sexually Transmitted Diseases.....	800/227-8922
Center for Substance Abuse Treatment (CSAT).....	800/662-HELP
Child Find of America, Inc.....	800/426-5678
Childhelp USA National Child Abuse Hotline.....	800/422-4453
CSAPs Workplace Helpline (Alcohol/Drug-free Workplace Issues).....	800/843-4971
Down's Syndrome.....	800/221-4602
Herpes Hotline.....	919/361-8488, 800/230-6039
Marin Inst. for the Prevention of Alcohol & Other Drug Problems.....	415/456-5692
National Alliance for the Mentally Ill (NAMI).....	800/950-NAMI
National Alliance for Research on Schizophrenia & Depression.....	516/829-0091
Natl. Center for Missing and Exploited Children (24-Hrs.).....	800/843-5678
Natl. Council on Alcoholism & Drug Dependence Hope Line.....	800/475-HOPE
Natl. Council on Alcohol and Drug Dependence, Inc.....	800/NCA-CALL
Natl. Domestic Violence Hotline.....	800/799-SAFE
Natl	
Natl. Head Injury Foundation (Brain Injury Assoc.).....	800/444-NHIF
Natl. Health Information Center.....	800/336-4797
Natl. Inst. of Mental Health Depression & Panic Disorder Hotline.....	800/421-4211
Natl. Mental Health Services <i>Knowledge Exchange Network(KEN)</i>	800/789-CMHS
Natl. Rehabilitation Information Center.....	800/34-NARIC
Parents Who Have Abducted Their Children.....	800/A-WAY-OUT
Recovery Options.....	800/662-2873
Sex Anonymous (S.Anon)-Nashville, TN.....	615/833-3152
Stop Smoking (American Lung Assoc.).....	800/NO-BUTTS
Students Against Driving Drunk (SADD).....	508/481-3568
Survivors of Incest Anonymous (SIA).....	410/282-3400

Los Angeles County Hotlines/Info/Referrals

Battered Women.....	800/548-2722
Braille Institute.....	323/663-1111
Elder Abuse Hotline.....	800/992-1660
Teen Line.....	800/TLC-TEEN
We-Tip.....	800/472-7766, 800/782-7463

Los Angeles County Self-Help/Support Groups

Adult Children of Alcoholics.....	818/342-9885, 310/534-1815
Al-Anon, Alateen, Pre-Alateen.....	818/760-7122, 213/387-3158
Alliance for the Mentally Ill.....	626/577-6697
Arts Anonymous.....	310/281-8420
Because I Love You-The Parent Support Group.....	310/659-5289
Cocaine Anonymous (CA).....	310/216-4444
COPS (Children of Parkinsonians).....	310/476-7030
Divorce Dialogue.....	818/788-9567
Friendly Hand Foundation.....	213/389-9964

Narcotics Anonymous (NA).....	818/773-9999
Overeaters Anonymous (OA).....	San Fernando 818/881-4776
Project S.I.S.T.E.R. (rape crisis services).....	909/626-4357, 909/623-1619

Orange County Hotlines/Info/Referrals

Kid Care Hotline.....	714/543-2273
Suicide Hotline.....	714/639-4673
West Orange County Hotline.....	714/894-4242
Women's Transitional Living Center.....	714/992-1931

Orange County Self-Help/Support Groups

Alcoholics Anonymous: Orange County Central.....	714/556-4555, 714/556-4559
N. Orange County.....	714/773-4357, 714/773-4707
Bereaved Parent's Support Group.....	714/838-7377
Co-dependents Anonymous (CODA).....	714/573-0174
Nar Anon.....	714/647-7725, 858/492-8720
New Hope Suicide Prevention Hotline.....	714/NEW-HOPE
Parents of Suicide Victims.....	714/838-7377
Sexaholics Anonymous (SA).....	714/647-1613
Victims Anonymous.....	714/957-2737
Voices of California, Inc.....	714/832-9625

Riverside & San Bernardino Counties Hotlines/Info/Referrals

Alzheimer's Association.....	800/660-1993
Battered Women Hotline.....	909/988-5559
Child Abuse Hotline.....	San Bernardino 800/827-8724, Riverside 800/442-4918
Children of the Night.....	800/551-1300
Informed (information and resources in Riverside only).....	800/464-1123
Mt. Baldy United Way.....	888/435-7565, 909/980-1994
Rape Crisis Hotline (Project S.I.S.T.E.R.).....	909/626-4357
Rape Crisis Center – Coachella Valley.....	PalmDesert..760/568-9071
Riverside Co. Community Services & 24 hour hotline.....	951/686-4357
Riverside County Department of Mental Health.....	951/358-4520
Sexual Assault Services, Barbara Sinatra Chiller's Center.....	760/568-9071
Suicide & Crisis Intervention (24 hours).....	800/255-6111, 909/686-4357
Volunteer Center of the Inland Empire.....	909/980-2857, x247
Volunteer Center of Riverside.....	951/686-4402

Riverside/San Bernardino Counties Self-Help/Support Groups

Al-Anon, Alateen.....	909/824-1516
Alcoholics Anonymous (AA).....	909/825-4700
Arthritis Support Group.....	909/596-7733
Co-dependents Anonymous (CODA) www.coda.org	602/277-7991
Emotions Anon County Department of Mental Health.....	909/873-2273, Ont/Upland 909/397-0116
Families Anonymous.....	800/736-9805, 909/369-9228
Mother's Against Drunk Driving (MADD).....	909/888-6233
Mentally Ill Support Group (Recovery, Inc.).....	909/985-5626
Narcotics Anonymous (NA).....	909/795-0464, 909/622-4274
Overeaters Anonymous (OA).....	S.B. 909/887-7972, Glendora 626/335-3355
Parents Anonymous.....	909/621-6184
Pills Anonymous.....	909/824-8181 or 228-8466
Pregnancy Counseling.....	909/985-0205
Purple Turtles (support group for DDs).....	909/792-3233

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