

# Online Mental Health Self-help Sourcebook

## Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

Yes

Family

No

Intake Contact Email

admin@selfhelpgroups.org

Intake Process

Phone, web

Self Refer

Yes

American Self-Help Clearinghouse

<http://www.selfhelpgroups.org>

Main

(973) 989-1122

Toll-Free

(800) 367-6274

375 E. McFarland Street

07801 NJ

United States

Additional Availability Comments

Online services available 24/7

## Fee Structure

No Fee

## Languages Spoken

English

Through its keyword-searchable online database, national helpline and Sourcebook, the American Self-Help Group Clearinghouse puts people in touch with any of over 1,200 national, international, model, and online self-help groups covering a wide range of illnesses, disabilities, addictions, bereavement, and stressful life situations. They also provide referrals to local self-help clearinghouses that exist in some states. The Clearinghouse provides information and consultation nationally to help people start new types of national self-help groups when none currently exist.

Telephone services are available on weekdays from 8:30am to 5:00pm, Eastern Standard Time.

## Service Area(s)

Nationwide