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Accurate information and support are important parts of the medical treatment and quality of life for people and their loved ones living with chronic illnesses, disabilities, or in other situations. For this reason, I want you to contact the following organization as part of your treatment plan. I will ask you about it at our next visit.

- Abortion Recovery 671-9057
www.thecentercanhelp.com

Addiction

- AI-ANON/ALATEEN
671-5444 www.wa-al-anon.org
- Alcoholics Anonymous
734-1688 whatcomaa.org
- Gamblers Anonymous
www.gamblersanonymous.org
- Narcotics Anonymous
647-3234 nwwana.org
- Treatment Locator
findtreatment.samhsa.gov
- ALS Association Evergreen
866-786-7257 www.alsa-ec.org
- Arc of Whatcom County
715-0170; 866-284-8444
www.arcwhatcom.org
- Arthritis Foundation
733-2866 arthritis.org
- Asthma 733-5733
belasthma.com
- Cancer Programs & Services
738-6701
- Care Crisis Response Services
1-800-584-3578
- Chronic Pain 734-8852;
733-6714
www.healthsupportcenter.org/pain.html
- Caregiver Support Group
715-6410
- Crohns & Colitis 734-3210;
676-6707 x 50710
jchapman@wapa-sep.wa.gov
- Death of child 630-990-0010
www.compassionatefriends.org
- Diabetes**
- Bellingham Diabetes Support
Group 303-5124
- Domestic Violence & Sexual
Assault Services 715-1563
www.dvsas.org
- Eating Disorder Support
Group 319-0806 jpkitty@aol.com
- Facial Disfigurement
676-7325 www.faceit.org
- Family and Friends of Violent
Crime Victims 800-346-7555
www.fnfvcv.org
- Family Caregivers 715-6410
- Fibromyalgia 800-542-0295;
733-2866 www.arthritis.org

- Food Allergies 933-0952;
371-9160
- Girls on The Run 733-8630
www.girlsontherun.org
- Gluten Intolerance Group
676-1372 www.glutenfreeway.info
- Grief Support Groups 733-5877
- Heart Health Classes/Screenings
738-6720 www.peacehealth.org
- Health Care Access 788-6594

HIV/AIDS

- Evergreen AIDS Foundation
671-0703 evergreenaids.org
- Positive Frontiers 483-8949
- Ti-chee (Native American HIV
Prevention) 733-6714

Mental/Brain Conditions

- Adult A.D.D. Association
647-6681; 733-6714
www.healthsupportcenter.org/aadda
- Alzheimer Society of WA
671-3316; 800-493-3959
www.alzsociety.org
- Anxiety/Panic/Phobias
384-1328
- Autism Support 371-8699
- Brain-Injury 733-6714
www.biawa.org/bellingham
- Depression & Bipolar
Support 354-6841; 733-6714
www.healthsupportcenter.org/dbsa
- Down Syndrome 715-0170
www.arcwhatcom.org
dsoboard@nas.com
- Learning Disabilities 800-
536-2343; 425-882-0792
www.ldawa.org
- National Alliance on Mental
Illness 671-4950;
733-6714
www.healthsupportcenter.org/na
miwhatcom
- Natural Causes, Natural
Cures 671-3079
nwsantini@gmail.com
- Recovery International 647-
6681 www.recovery-inc.org
- Stroke Support Group
715-6432
- www.strokenetwork.org

- Hepatitis C Support Group
733-6714 www.hepeducation.org
- La Leche League 595-2403;
592-5052 lalecheleague.org
- Lupus Foundation of America
877-774-2992; 206-546-6785
www.lupuspnw.org

Parenting/Youth/Child

- 24-Hour Parent/Youth
Hotline 676-1022
- Brigid Collins Family
Support Center 734-4616
www.brigidcollins.org
- Catholic Community
Services NW 676-2164
- Mother Baby Center 647-1544
www.motherbabycenter.org
- NW Youth Services
734-9862
- Parent to Parent 255-2056
- Parenting/Childbirth Classes
752-8350
- Training Resources In
Partnership 360-298-2796
www.trip-ns.com

Physical Disabilities

- Community Action for the
Disabled 733-6714
www.healthsupportcenter.org/ca
d.html
- Disabled Sports 733-2874
www.dsusa.org/chapter-wa.html
- Blind**
- Federation of the Blind/WA
425-823-6380 www.nfbw.org
- Low Vision 734-2798
- NW Braille Services
714-1630; 733-6714
nwbsbeth@cnw.com
www.healthsupportcenter.org/nwbs
- United Blind 733-6714
- WA Council of the Blind
800-255-114 www.wcbinform.org
- WA Talking Book & Braille
Library 800-542-0866
- Hearing**
- Hearing Loss Association
738-3756; 319-4540
www.hearingloss-wa.org/24Whatcom.htm
CharMacKenzie@comcast.net

Physical Disabilities cont'

Hearing, Speech and Deafness Center 647-0910; 647-8508 (TTY or video phone); www.hsdc.org

Multiple Sclerosis 380-1625; 752-2300 www.nmss.org

Mt. Baker Kidney Center 734-4243

Neurofibromatosis 733-6714 www.healthsupportcenter.org/nf.html

Opportunity Council 734-5121 www.opportunitycouncil.org

Overeaters Anonymous 676-2279

Parents, Families & Friends of Lesbians & Gays 733-1500 www.pflag.org/index.php?id=243

Parkinson's Support 733-6714 www.healthsupportcenter.org/parkinson.html

Peripheral Neuropathy NW 676-0367 www.neuropathy.org

Post Polio Support 966-4253; 733-6714 www.healthsupportcenter.org/polio.html

Sjogren's Syndrome Support 676-1926, linda927@earthlink.net; 312-1597,

www.healthsupportcenter.org/sjogren.html

Small Potatoes Gleaning Project 966-2533 www.gleaningproject.org glean@openaccess.org

Spinal Cord Injury 332-8484

St. Joseph Cancer Center 738-6701 www.peacehealth.org/cancer

Take Off Pounds Sensibly 671-4113

Turning Point, WCC 676-2170 x 3416

Vet Center 733-9226

Weight Loss Surgery Support Group 1-877-548-2424

Whatcom Dispute Resolution Center 676-0122 www.whatcomdrc.org

The Whatcom Dream Financial Skills Training 319-3759 www.thewhatcomdream.org

Whatcom Hospice 733-5877

Signature _____

Comments _____

The Rx Pad is a public service of the Health Support Center, a coalition of 21 of the above groups. It is available at www.healthsupportcenter.org/health_resources.html

Do you or someone you know need help with a health-related condition?

The Health Support Center provides referrals to local, regional, and national self-help groups and organizations. These groups provide peer-to-peer, support, information, referral, education, and advocacy. HSC can also provide information on how to organize a group to care for someone who is seriously ill. For referral, or assistance in starting a self-help group, call the Health Support Center at 733-6714. We can help.

Founded in 1989, the Health Support Center provides office and meeting space, furniture, equipment, and support services at no charge to its member organizations. This is made possible, in part, through the use of two facilities provided by St. Joseph Hospital and the financial support of United Way of Whatcom County.

Help us help the community by letting people know about the Health Support Center and its services, by attending HSC's annual fundraiser, Festival of Trees, during the week following Thanksgiving weekend, by volunteering, or by making a monetary or in-kind donation. Your support is greatly appreciated.

Additional sources of health-related, self-help information can be found at Whatcom Information Network (WIN) at www.bellinghampubliclibrary.org, Family Care Network at <http://www.familyhealth.org/support-groups/>, and American Self-Help Group Clearinghouse at www.selfhelpgroups.org. For community information and referral, call 2-1-1. North Sound 2-1-1 is a regional call center serving Island, San Juan, Skagit, Snohomish, and Whatcom Counties.