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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

- Al-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
- Tobacco Free, a 6 week class,
LifeQuest, 788-6720
- 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 733-6714
www.healthsupportcenter.org/pain.html
- Caregiver Support Groups
788-6410
www.peacehealth.org/adultdayservices
- Crohns & Colitis 734-3210;
676-6707 x 50710
jchapman@wapa-sep.wa.gov
- Death of child 630-990-0010
www.compassionatefriends.org
- 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 788-6410
www.peacehealth.org/adultdayservices
- 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
734-4989 www.glutenfreeway.info
- Grief Support Groups 733-5877
- Heart Health Classes/Screenings
738-6720 www.peacehealth.org
- Health Care Access 788-6594
- Hepatitis C Support Group
733-6714 www.hepeducation.org

HIV/AIDS

- Evergreen AIDS Foundation
671-0703 evergreenaids.org
- Ti-chee (Native American HIV
Prevention) 734-2476
- Kids' Council Northwest (for
grieving children, teens & their
families) 734-5552 ext. 3
- La Leche League 595-2403;
592-5052 lalecheleague.org
- Lupus Foundation of America
877-774-2992; 206-546-6785
www.lupuspnw.org
- Meniere's Disease Support
Group, www.tsparks.com/mm/

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
- Association for Recovery
from Mental Illness 671-3079
nwsantini@gmail.com
- Autism Support Group
Beverly 715-0170 ext. 306
- Brain-Injury 733-6714
- Depression & Bipolar
Support 354-6841; 733-6714
www.healthsupportcenter.org/dbsa
- Down Syndrome 715-0170
www.arcwhatcom.org
dsoboard@nas.com

Mental/Brain Conditions cont'

- Learning Disabilities 800-
536-2343; 425-882-0792
www.ldawa.org
- National Alliance on Mental
Illness 671-4950;
733-6714
www.healthsupportcenter.org/namiwhatcom
- People First 927-3038
- Sleep Disorders: Puget Sound
Sleepers, 752-5648
- Recovery International (a
cognitive-behavioral self-help
method to improve mental
health) 647-6681
www.lowselfhelpsystems.org
- Stroke Support Group
715-6432
- www.strokenetwork.org
- Multiple Sclerosis 650-9255
day meeting; 739-5905 evening
meeting; bellinghamms@yahoo.com
- Mt. Baker Kidney Center
734-4243
- Neurofibromatosis 733-6714
www.healthsupport.org/nf.html
- Opportunity Council 734-5121
www.opportunitycouncil.org
- Overeaters Anonymous
676-2279
- 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
- NW Youth Services
734-9862
- Parent to Parent (for families
of children with developmental
disabilities, delays, and ongoing
health care needs) 255-2056
<https://sites.google.com/a/p2pwhatcom.org/www/Home>
- Parenting/Childbirth Classes
752-8350

- 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

Physical Disabilities

- Community Action for the Disabled 733-6714
www.healthsupportcenter.org/cad.html
- Blind**
- Federation of the Blind/WA 425-823-6380 www.nfbw.org
- Low Vision 734-2798
- NW Braille Services 714-1630; 384-6494
bethmarsau@comcast.net
www.healthsupportcenter.org/nwbs
- United Blind 733-6714
- WA Council of the Blind 800-255-114 www.wcbinfo.org

Physical Disabilities cont'

- WA Talking Book & Braille Library 800-542-0866
- Hearing**
- Hearing Loss Association 738-3756; 319-4540
<http://www.hearingloss-whatcom.org/CharMacKenzie@comcast.net>
- Hearing, Speech and Deafness Center 647-0910; 647-8508 (TTY or video phone); www.hsdc.org
- Post Polio Support 966-4253; 733-6714
www.healthsupportcenter.org/polio.html
- Pulmonary Hypertension Support Group 671-2579
- Sjogren's Syndrome Support 676-1926,
linda927@earthlink.net; 312-1597,
www.healthsupportcenter.org/sjogren.html

- Small Potatoes Gleaning Project 739-5274
glean@bellinghamfoodbank.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 19 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 PeaceHealth St. Joseph Medical Center 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 and local resources can be found at [whatcomcounts.org](http://www.whatcomcounts.org/whatcom/index.php?module=pnLocalResources&type=user) at <http://www.whatcomcounts.org/whatcom/index.php?module=pnLocalResources&type=user>, Family Care Network at <http://www.familyhealth.org/support-groups/>, and American Self-Help Group Clearinghouse at <http://www.selfhelpgroups.org>. For community information and referral, call the Health Support Center at 733-6714 or 2-1-1. North Sound 2-1-1 is a regional call center serving Island, San Juan, Skagit, Snohomish, and Whatcom Counties. 11/24/11

Do not publish – Temporarily removed – Do not publish:

Adult AD/HD Alliance
927-4375, 733-6714
adultadhdalliance@gmail.com
 Anxiety/Panic/Phobias
384-1328