

# 12-Step & Self-Help Groups

**24-hour phone counseling**  
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(Citizens Council) .....  
612.340.5400

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(Mpls)  
www.aaminnea.polis.org  
952.922.0880  
Northbrook  
763.781.5102  
**AA-Alcoholics Anonymous**  
www.aastpaul.org  
St. Paul .....  
651.227.5502  
**AA Alternative** (listing of non-  
AA  
chemical health support  
groups)  
952.922.3392  
**Abuse Hot Line** .....  
1.800.799.SAFE;  
TDD .....  
1.800.787.3224  
**ACA Intergroup-Adult**  
**Children** .....  
of Alcoholics .....  
763.574.0903  
**Access to counseling.com** .....  
952.322.2111  
**Access Works: Harm**  
**Reduction Ctr.** .....  
612.870.1830  
**ACSR-Adult Children in**  
**Sexual Recovery**  
Scott; 612.850.7299  
Val; 612.879.9642  
**Adoptive Families of America**  
(formerly "OURS") .....  
1.800.372.3300  
**African American Sexual**  
**Violence Program**  
651.527.3133; 651.265.6177  
**AlAnon** (information services)  
952.920.3961  
Intergroup St. Paul .....  
651.771.2208  
**Anxiety Support Network** .....  
763.383.1720  
www.anxietysupportnetwork.  
org  
**ARIA-Adults Recovering From**  
**Incest** (women only) .....  
763.591.5916

## B

**Buddhism and 12 Steps**  
651.208.0749

## C

**Chemical Dependency**  
**We Care Counseling** .....  
651.777.2233  
**Chemical Injury Resource**  
**Ass'n of MN.CIRA** .....  
651.647.0944  
**Child Sexual Abuse:**  
**StopItNow**  
www.stopitnow.org .....  
1.888.773.8368  
**Chrysalis Center for Women**  
612.871.0118  
**CLUES- Chicanos Latinos**  
**Unidos en Servicio** .....  
612.871.0200  
**Cocaine Anonymous; Coc.**  
**Anon** .....  
612.323.3350  
**Concerned United Birth**  
**Parents** .....  
952.930.9058  
**CoDependents Anonymous**  
**CoDA** .....  
612.872.0336  
**Contraceptive Hotline** .....  
800.584.9911  
**COSA-Codependents of Sex**  
**Addicts Anonymous** .....  
763.537.6904

## D

**Deaf Adult Children**  
**Anonymous** .....  
TTY .....  
952.920.4830  
**Telecom Relay Services**  
711  
**Debtors Anonymous** .....  
952.953.8438

## E

**Eating Disorders Anonymous**  
..... 651.246.5935  
**Emotions Anonymous** .....  
651.647.9712

## F

**Families Anonymous** .....  
800.736.9805

## G

**Problem Gambling** .....  
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**Gamblers Anonymous**  
1.888.GA.HELPS  
www.minnesotaGA.org  
**Gam.Anon.** .....  
1.888.424.3577  
**Gambler's Alternatives** .....  
612.929.6115  
**Grief, Loss & Transition** .....  
651.641.0177

## H

**Health Realization Group** .....  
612.338.3664

## J

**Jewish Recovery Network** .....  
763.544.4446

## L

**Lawyers Concerned for Lawyers**  
651.646.5590  
www.mncl.org  
**Lesbian Survivors of Abuse**  
www.geocities.com/rainbow.  
hope2000/

## M

**MA-Marijuana Anonymous** ..  
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**Men's Center** (support & anger  
management groups) .....  
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**Men's Line-The** .....  
612.379.6367  
**Mental Health Consumer**  
**Survivor**  
**Network of MN** .....  
651.637.2800  
**Minnesotans for Safe Driving**  
952.238.0970  
**Model Cities Home-Based**  
**Outpatient**  
**Treatment Program** .....  
651.221.4442

## N

**Nar.Anon.** .....  
612.379.4253  
**Narcotics Anonymous**  
metro .....  
952.939.3939  
statewide  
1.877.767.7676  
**Nicotine Anonymous** .....  
952.404.1488

## O

**OCD Support Groups;**  
612.722.1504  
**Open Door** (agoraphobia and  
panic disorder support)  
St. Paul, 952.818.7343 or  
612.229.1863; St. Louis Park,

612.998.6160  
**Overeaters Anonymous**  
612.377.1600/888.540.1212

## P

**PFLAG-Parents, Families and**  
**Friends of Lesbians and Gays**  
612.825.1660  
**Poison Control Centers** .....  
1.800.222.1222

## Q

**QUITPLAN<sup>SM</sup> Helpline** free  
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1.888.354.PLAN (7526)

## R

**REACH** (for families of  
people with mental illness)  
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**Recovery, Inc.** (facilitated, self-  
help mental health groups)  
612.824.5773  
**Recovering Couples**  
**Anonymous**  
612.869.3866  
**Resource Ctr. for Fathers/**  
**Families**  
(parenting, stepparenting, anger  
mgmt.) 763.783.4938

## S

**SAA-Sex Addicts Anonymous**  
651.646.1970  
**Senior Link AGE LINE** .....  
800.333.2433  
**Sexaholics Anonymous** .....  
952.985.1016  
**Shoplifters Anonymous** .....  
763.544.8288  
**16 Step Sobriety Support**  
**Group**  
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**SOS-Secular Organization for**  
**Sobriety/Save Our Selves** ....  
www.sossobriety.org .....  
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**Spiritual Community and**  
**Center**  
612.922.4272  
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612.922.4272  
Drumming circle .....  
612.922.4272  
**Stuttering Association**  
national; 800.364.1677  
**Survivors of Incest**  
**Anonymous.SIA; www.siaawso.**  
**org**  
**Spenders Anonymous** .....  
http://www.spenders.org

## T

**ToughLove Parent Support**  
**Groups; 763.391.2630**  
**12 Steps for Christian Living**  
**Groups; 763.593.1791**  
**Tubman Family Alliance**  
651.770.8544

## U

**United Way 2-1-1**  
1.800.543.7709

## W

**Women's Cancer Resource**  
**Center**  
612.729.0491  
**Women For Sobriety** .....  
651.224.0328  
**Work Addicts Anonymous** .....  
763.786.2723

# Step By Step Self Help

**C Cleary**



## Step By Step Self Help:

### **Break Free from Depression: The Ultimate Guide to Overcoming Darkness and Embracing Joy** Philipp

Hornickel,2025-03-04 Discover the comprehensive step by step roadmap to reclaiming your life and mental well being Break Free from Depression offers proven strategies expert insights and practical techniques to help you conquer depression and nurture a brighter more fulfilling future This powerful guide delves into the science behind depression debunks common myths and equips you with actionable advice from lifestyle changes and mindfulness practices to cognitive behavioral techniques and professional support Whether you re seeking to improve your mood build resilience or simply understand the complexities of mental health this book is your trusted companion on the journey to recovery Optimized for both personal transformation and SEO this ultimate resource is designed to rank high in search results for keywords like overcoming depression mental health guide and self help for depression Embrace a new chapter in your life filled with hope practical wisdom and the inspiration to break free from the shadows Begin your journey toward lasting happiness today **Ten Steps**

**To Radical Self-Care** Molly Kurland,2024-05-09 This book helps you be your own best friend and live the life your soul craves Taking care of ourselves in order to prevent burnout is paramount to our sense of balance and well being However we often make decisions in order to take care of others and do what s expected of us even when that requires us to become overwhelmed People who are in a care giving role or who have a profession that involves helping others know this well They often put their own needs aside in order to be there for family or their clients Additionally our culture puts a lot of pressure on us to constantly reach greater levels of success We are conditioned to think our value comes from how much we have achieved and this can keep us continually striving for the next big thing But life doesn t have to be that way You deserve to unwind and live a life that meets your deepest needs This book supports you in doing exactly that **Personal Steps to a**

**Healthy Choice** ,2000 **Self-Help Sucks** Tony Blankenship,2021-10-18 Are harmful habits and addictions ruling your life no matter how hard you try to control them For those who ve read every self help book out there with no results comes the anti self help book that will finally allow you to affect real and lasting change Because while self help sucks claiming the aid of a Higher Power and the support of others can lead to recovery inner peace contentment and freedom from destructive behavior and author Tony Blankenship shows you how A six part program based on the principles of the original highly successful twelve step program Self Help Sucks is filled with exercises meditations prayers examples and experiences from the author s life which lay the groundwork and provide rules for healthy daily living Break free once and for all from the addictive behaviors that are hurting you and your loved ones with this unique one of a kind guide to living your best life

*Alcohol Research & Health* ,1999 **Self-Care in the Elderly** Fatemeh Bahramnezhad,2025-09-26 This comprehensive book provides a practical and evidence based approach to promoting self care in the elderly Covering all essential domains physical mental social and spiritual it presents a well rounded framework for supporting older adults in maintaining their

health and quality of life Each chapter features practical recommendations for older adults and their caregivers along with clinical case examples to enhance comprehension The content is supported by the latest findings from reliable scientific sources peer reviewed journals and clinical guidelines Importantly this book also highlights the growing role of technology and telehealth in elderly care offering innovative yet accessible strategies to improve service delivery Written in clear and simple language this book is ideal for healthcare professionals caregivers students and anyone working in home care or nursing home settings

**Research on Alcoholism Treatment** Marc Galanter,2006-04-11 From the President of the Research Society on Alcoholism The sixteenth volume of Recent Developments in Alcoholism contains the latest information on the field of alcoholism treatment research This scholarly volume includes comprehensive reviews of the methodologies available to evaluate treatment outcome state of the art psychosocial interventions and recent advances in pharmacological adjuncts to treatment that are currently available and those on the brink of application Other sections of the book address special issues in the treatment of alcohol dependence including the treatment of the adolescents and other unique populations the management of tobacco dependence and the role of spirituality in recovery among others The clinician will find these reviews an important resource for learning about evidence based treatments for alcoholism and the researcher will find the synthesis of recent developments informative and forward looking The research agenda for the future rests soundly on the progress to date and additional advances in the treatment of alcoholism can be predicted in the near future Stephanie O Malley Ph D President Research Society on Alcoholism xi Preface From the President of the American Society of Addiction Medicine This excellent volume presents investigations covering a wide spectrum of scientific issues It is also evident that many of these articles have clinical significance ranging from assessments of disorder monitoring clinical progress and behavioral and pharmacological interventions

Study Guide to Substance Abuse Treatment Robert E. Hales,James A. Bourgeois, M.D.,Nariman C. Shahrokh,2008 Study Guide to Substance Abuse Treatment is a question and answer companion that allows you to evaluate your mastery of the subject matter as you progress through The American Psychiatric Publishing Textbook of Substance Abuse Treatment Fourth Edition The Study Guide is made up of 292 questions divided into 49 individual quizzes of 4-9 questions each that correspond to chapters in the Textbook Questions are followed by an Answer Guide that references relevant text including the page number in the Textbook to allow quick access to needed information Each answer is accompanied by a discussion that not only addresses the correct response but also explains why other responses are not correct The Study Guide's companion the fourth edition of The American Psychiatric Publishing Textbook of Substance Abuse Treatment has been fully updated to present the most current scientific and clinical information on a wide range of substance use disorders from tobacco and alcohol to methamphetamine and club drug abuse The text offers a comprehensive view of the basic science and psychology underlying addiction as well as extensive coverage of all treatment approaches and specialty topics Highlights of this new edition include chapters on the biology and clinical management for

each of the drug categories new material on the role of buprenorphine in treating opioid addiction extensive coverage of cognitive behavioral therapy motivational enhancement and contingency management and new research on the role of 12 step programs in addiction treatment      **Addressing Unhealthy Alcohol Use in Primary Care** Richard Saitz, 2012-12-22 While there is a wealth of published information on addiction medicine the psychological aspects of alcohol abuse and behavioral medicine with regard to addiction virtually none of these resources were written with the primary care provider in mind Addressing Unhealthy Alcohol Use in Primary Care is a resource for primary care clinicians who are confronted by patients with these problems daily and who wish to successfully address these issues in their practice It would focus on the literature and science relevant to primary care practice and cover the range of interventions appropriate for this setting Topics include assessment brief counseling interventions pharmacotherapy referrals to both specialty care and Alcoholics Anonymous and other self help programs psychiatric co morbidity and other drug use and other information specific to the needs of the primary care provider      **Finding the Recovery in You** R. Newman, 2003-11 Overcoming an addiction or any other obstacle in life can be difficult especially if you don't know the plain hard facts about what's involved Finding the Recovery in You details the straightforward process you need to follow to accomplish such a goal After finding his own recovery from active addiction R S Newman gives a candid look into the damaging effects of this disease whether it's an addiction to alcohol drugs or any other compulsive activity The author shares valuable insights about the recovery process the resources for help that are available and his own fresh views on overcoming obstacles based on his personal and professional experiences This is an inspiring story for anyone who wishes to overcome adversity in their life no matter how big or small Finding the Recovery in You effectively reinforces that anything is achievable if you desire change for the better and are willing to do whatever is needed to achieve that change

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