



ADNET
Anabaptist Disabilities Network

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Resources for
Starting a Disability-Related Support Group
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ADNet Resources

All resources on this page can be accessed from ADNet's Support Groups page,
http://www.adnetonline.org/Resources/Support_groups

ADNotes, February 2009, "Support Groups"

"Starting a Disability-Related Support Group." An expanded version of the ADNotes article.

Additional Resources

American Self-Help Group Clearinghouse <http://www.mentalhelp.net/selfhelp/>
"Starting a New Self-Help Group": <http://www.mentalhelp.net/selfhelp/selfhelp.php?id=866>
"Self-Help Group Sourcebook Online": <http://www.mentalhelp.net/selfhelp/>.

This guide has been developed to act as a starting point for finding every type of national, international, model and online self-help support group that is available.

National Self-Help Clearinghouse. <http://www.selfhelpweb.org>. Numerous articles about groups for mutual support, which this organization terms "self-help." They also sell *How to Organize a Self-Help Group*, a booklet for \$6.00. <http://www.selfhelpweb.org/form.html>

The following articles produced by specific disability groups have many ideas that are widely applicable. Note the Psych Central article about starting *online support groups*.

National Limb Loss Information Center Fact Sheet
http://www.amputee-coalition.org/fact_sheets/start_sg.html

National Spinal Cord Injury Association Factsheet
<http://www.makoa.org/nscia/fact18.html>

Pete Quily Adult ADD Coach has compiled articles from various sources about starting and running a support group. <http://www.addcoach4u.com/support/howtostartasupportgro.html>

Psych Central: "Starting a New Online Support Group" by John M. Grohol, Psy. D.
<http://psychcentral.com/howto.htm>

Starting a Support Group for Fibromyalgia
<http://chronicfatigue.about.com/od/managingyoursymptoms/a/startsupportgrp.htm>