

# 12-Step & Self-Help Groups

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**24-Hour Crime Victim Services**  
(Citizens Council) .....  
612.340.5400

## A

**AA-Alcoholics Anonymous**  
(Mpls)  
[www.aaminnea.polis.org](http://www.aaminnea.polis.org)  
952.922.0880  
Northcoast  
763.781.5102  
**AA-Alcoholics Anonymous**  
[www.aastpaul.org](http://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](http://www.anxietysupportnetwork.org)  
**ARIA Adults Recovering From**  
**Incest (women only)** .....  
763.591.5916

## B

**Buddhism and 12 Steps**  
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## 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](http://www.stopitnow.org) .....  
1.888.773.8368  
**Chrysalis Center for Women**  
612.871.0118  
**CIUES 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**  
800.333.4673  
**Gamblers Anonymous**  
1.888.GA.HELPS  
[www.minnesotaga.org](http://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** .....  
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## L

**Lawyers Concerned for Lawyers**  
651.646.5590  
[www.mnlcl.org](http://www.mnlcl.org)  
**Lesbian Survivors of Abuse**  
[www.geocities.com/rainbow.hope2000/](http://www.geocities.com/rainbow.hope2000/)

## M

**MA-Marijuana Anonymous** ..  
[www.marijuana.anonymous.org](http://www.marijuana.anonymous.org)  
**Men's Center** (support & anger  
management groups) .....  
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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

**NarAnon** .....  
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  
stop smoking services .....  
1.888.354.PLAN (7526)

## R

**REACH** (for families of  
people with mental illness)  
612.331.6840  
**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** .....  
612.866.4550  
**SOS Secular Organization for**  
**Sobriety/Save Our Selves** .....  
[www.sossobriety.org](http://www.sossobriety.org) .....  
612.729.4683  
**Spiritual Community and**  
**Center** .....  
612.922.4272  
**Healing circle** .....  
612.922.4272  
**Drumming circle** .....  
612.922.4272  
**Stuttering Association**  
**National; 800.364.1677**  
**Survivors of Incest**  
**Anonymous.SIA; www.sia-nsa.org**  
**Spenders Anonymous** .....  
<http://www.spenders.org>

## T

**ToughLove Parent Support**  
**Groups; 763.263.2630**  
**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

**Philipp Hornickel**



## 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

**Alcohol Research & Health** ,1999 **Intervention in Mental Health-Substance Use** David B. Cooper,2016-09-19 The Mental Health Substance Use series provides clear guidance for professionals on this complex and increasingly recognised field It concentrates on the concerns dilemmas and concepts that impact on the life and well being of affected individuals and those close to them and the future direction of practice education research services intervention and treatment Mental health substance use is a complex and varied phenomenon and this volume stresses an appreciation that interventions that work for one individual or family may prove ineffective for another It therefore explores the needs of individuals and carers the nature of the therapeutic relationship and the theory and application of a variety of interventional techniques these include group therapy cognitive behaviour therapy CBT motivational interviewing MI brief interventions and many more The volumes in this series are designed to challenge concepts and stimulate debate exploring all aspects of the development in treatment intervention and care response and the adoption of research led best practice They are essential reading for mental health and substance use professionals students and educators

**Intensive Outpatient Treatment for Alcohol and Other Drug Abuse** Anna Marsh,Sandra Clunies,1999 Prepared to facilitate the transfer of state of the art protocols and guidelines for the treatment of alcohol and other drug AOD abuse from acknowledged clinical research and administrative experts to the Nation s AOD abuse treatment resources Includes placement criteria and expected treatment outcomes components of an effective IOT intensive outpatient treatment program staffing issues and guidelines the treatment needs of special groups special fiscal and administrative issues and legal issues for IOT programs Extensive references Sample IOT program schedules

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