

THRESHOLDS

HOME | HEALTH | HOPE

GROUPS AND SELF-HELP

Alcoholics Anonymous – Chicago Area Service Office (312) 346-1475 www.chicagoaa.org

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership.

Chicago Hearing Voices

Website: www.chicagohearingvoices.org

Email: chicagohearingvoices@gmail.com

Phone: (773) 639-8360

Chicago Hearing Voices offers trainings, workshops & peer support for psychosis, voices, and unusual beliefs. Groups for individuals who hear voices or experience psychosis are held at 2 Chicago locations:

Lincoln Park Peer Voices & Psychosis Group
DePaul University, 2219 N Kenmore Ave, Room 618
Every Saturday, 11:30 to 12:30 pm.

UIC Peer Voices & Psychosis Group
NPI Building, 912 S. Wood St., Room 331
Every Second Wednesday, 2:30 to 4 pm.

See website for additional Chicago Hearing Voices trainings & workshops.

Dual Anonymous Recovery (DAR)

World Network Central Office

P.O. Box 8107

Prairie Village, Kansas, 66208

E-mail: draws@draonline.org

Phone: (913) 991-2703

Dual Recovery Anonymous is a 12 Step self-help program that is based on the principles of the [Twelve Steps](#) and the experiences of men and women in recovery with a dual diagnosis. The DRA program helps people to recover from both chemical dependency and emotional or psychiatric illness.

There are only two requirements for membership:

- A desire to stop using alcohol or other intoxicating drugs.
- A desire to manage one's emotional or psychiatric illness in a healthy and constructive way.

Emotions Anonymous (EA)

<http://emotionsanonymous.org/>

Emotions Anonymous is a twelve-step organization similar to Alcoholics Anonymous. EA has weekly meetings for people who are working toward recovery from emotional difficulties. The only requirement for membership is a desire to become well emotionally. To find EA groups in your area, go to <http://allone.com/12/ea/?SelectState=y>.

GROW

1-888-741-4769

www.growinamerica.org

GROW is an international mental health organization for people who want to improve the quality of their lives through friendship, shared learning and mutual help. People come to GROW with diverse problems in living, such as mental health issues, emotional troubles, or difficulty coping with grief, loneliness, anxiety or stress. Groups meet weekly for approximately two hours, and vary in size from 3 to 15 members.

LGBTQ (Lesbian, Gay, Bisexual, Transgender and Queer)

The Center on Halsted

3656 N. Halsted St.

Chicago, IL 60657

(773) 472-6469

www.centeronhalsted.org

The Center on Halsted offers support groups, mental health services, HIV/AIDS and STD services, education and victim advocacy, a legal program, and many other recreational, cultural and community programs.

Narcotics Anonymous (NA)

USA: 1-818-773-9999

www.na.org

Chicago region: (708) 848-4884 (24 hour helpline)

www.chicagna.org

Narcotics Anonymous offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. Groups provide support from peers and offer an ongoing support network for addicts who wish to achieve a drug-free lifestyle. Membership is free.

Recovery International

(312) 337-5661

www.recoveryinternational.org

Weekly peer led Consumer Groups in the Greater Chicago Area

Recovery International uses the cognitive-behavioral, peer-to-peer, self-help training system developed by Abraham Low, MD, to help individuals gain skills to lead more peaceful and productive lives. The organization provides mental health self-help groups [Recovery International](http://www.recoveryinternational.org) community, telephone and online meetings.

VETERANS

Vet to Vet USA

1-203-987-3850

www.vet2vetusa.org

Vet to Vet is a group of people with mental illness or psychiatric conditions who happen to be veterans. It is based on the concept of mutual help where information and knowledge is shared in an atmosphere of mutuality and teamwork. Support meetings are led by people in recovery themselves.

Vet to Vet provides a six-week, peer-facilitator training program that teaches veterans how to facilitate peer group sessions and introduce program learning topics. Vet to Vet materials are free.

For more information about Vet to Vet, please contact Moe Armstrong at (203) 623-0731 or by email at moea1@verizon.net.

Vet-Net

1-800-826-3632, Ext. 160

VetNetChicago@gmail.com

www.VetNetChicago.org

Vet-Net is a veterans' peer-support organization that connects veterans and their families to needed services. Vet Net helps veterans and their loved ones in applying for Veterans Affairs health care and benefits; directs veterans to legal, housing and employment resources; and more.

In Chicago, Vet Net meetings are held the third Friday of every month from noon - 1 pm. at WISE Senior Center, Weiss Memorial Hospital, 4646 N. Marine Drive, Chicago, 60640. Call (773)564-5666 for more information.