

Helplines and Hotlines for Health

There is a great deal of advice and referral information available from toll-free phone numbers. The Health Connection distributes two frequently updated books that provide comprehensive listings of carefully selected help lines:

- *The Directory of National Help Lines* is updated annually and includes fax numbers and Internet sites as well as toll-free numbers.

- *Help for Children*, lists over 450 agencies that can help with almost every problem related to children.

The following numbers may be helpful as a quick reference for health information. (Some numbers may not be available from Canada.)

Adoption

International Child Care (USA)

(800) 722-4453

National Adoption Center

(800) TO-ADOPT

Aging

Medicare Telephone Hotline

(800) 638-6833

National Institute on Aging Information Center

(800) 222-2225

AIDS

CDC National AIDS Hotline

(800) 342-2437; (800) 344-7432

National AIDS Clearinghouse-Center For Disease Control (800) 458-5231

Air

Indoor Air Quality Information Clearinghouse

(800) 438-4318

Albinism

National Organization for Albinism and

Hypopigmentation (NOAH) (800) 473-2310

Alcohol/Drug Abuse/Addictions

Al-Anon Family Group Headquarters, Inc.

(800) 356-9996

Alcohol and Drug Abuse Hotline

(800) ALCOHOL or (800) 821-4357

Alcoholics for Christ

(800) 441-7877

American Council for Drug Education

(800) 488-DRUG

American Council on Alcoholism, Inc.

(800) 527-5344

Children of Alcoholics Foundation, Inc.

(800) 359-COAF

Cocaine Anonymous

(800) 347-8998

CONTACT 609 ALA-CALL (alcohol hotline)

(800) 322-5525

Families Anonymous

(800) 736-9805

Hazelden Foundation (chemical dependency, recovery and education) (800) 257-7800

Just Say No International

(800) 258-2766

KIDSRIGHTS (publications)

(800) 892-5437

Minirth Meier New Life Clinics

(800) NEW-LIFE

Mothers Against Drunk Driving

(800) 438-6233

National Association for Native American

Children of Alcoholics (800) 322-5601

National Association of Alcoholism and Drug

Abuse Counselors (800) 548-0497

National Clearinghouse for Alcohol and Drug

Information (800) 729-6686

National Cocaine Hotline (nationwide substance abuse treatment referrals) (800) 262-2463

National Council on Alcoholism and Other Drug Dependence, Inc. (800) 622-2255

Helplines and Hotlines for Health

National Drug Information Treatment and Referral Hotline (800) 662-HELP (English) or (800) 66-AYUDA (Spanish)
Occupational Program Consultants Association (employee substance abuse program) (800) 436-7747
Parent's Institute for Drug Education, Inc. (PRIDE) (800) 241-7946
Quest International (programs for youth development) (800) 446-2700
Rapha Treatment Centers (Christian psychiatric and substance abuse treatment) Recovery Options Network (referrals for chemical dependency) (800) 662-2873; (800) 383-4673
Substance Abuse and Mental Health Services Administration (800) 729-6686
Sunburst Communications, Inc. (substance abuse publications) (800) 431-1934
TARGET, National Federation of State High School Association (800) 366-6667
The Kids on the Block, Inc. (800) 368-5437

Alzheimer's

Alzheimer's Association (800) 272-3900
Alzheimer's Disease Education and Referral Center (800) 438-4380
Alzheimer's Disease and Related Disorders Association (800) 237-3225
National Headquarters Alzheimer's Disease (800) 621-0379
National Institute on Aging—Alzheimer's Disease Education (800) 438-4380

Amputee

Parents of Amputee Children Together (800) 648-0296

Arthritis

Arthritis Consulting Services (800) 327-3027
Arthritis Foundation Information Hotline (800) 283-7800

Asthma and Allergy

Allergy and Asthma Network/Mothers of Asthmatics, Inc (800) 878-4403
Asthma and Allergy Foundation of America (800) 7-ASTHMA [727-8462]
Asthma Information Line (800) 822-2762

Autism Society of America

Autism Society of America (800) 3AUTISM

Burn

American Burn Association (800) 548-2876

Cancer

American Institute for Cancer Research (800) 843-8114
American Brain Tumor Association (800) 886-2282
Cancer Information Service (800) 4-CANCER
Children's Leukemia Foundation of Michigan (CLA) (800) 825-2536
Leukemia Society of America (800) 955-4LSA
National Marrow Donor Program (800) MARROW-2
United Leukodystrophy Foundation (800) 728-5483
Y-ME National Organization for Breast Cancer Information Support Program (800) 221-2141

Cerebral Palsy

United Cerebral Palsy Associations (UCPA) (800) 872-5827

Child Abuse

National Child Abuse Hotline (800) 422-4453
National Clearinghouse on Child Abuse and Neglect (800) 394-3366
National Resource Center on Child Abuse and Neglect (800) 227-5242

Helplines and Hotlines for Health

Child Birth

American Academy of Husband-Coached
Childbirth (800) 4A-BIRTH
International Childbirth Education Association
(800) 624-4934

Children

American Academy of Pediatrics
(800) 433-9016

Children: Missing/Runaway

National Hotline for Missing Children
(800) 843-5678
National Runaway Switchboard (800) 621-4000;
(800) 621-0394 (TDD)

Crohn's and Colitis

Crohn's and Colitis Foundation of America, Inc.
(CCFA) (800) 932-2423

Chronic Fatigue Syndrome

Chronic Fatigue Immune Dysfunction Syndrome
(CFIDS) Association of America, Inc. (800) 442-
3437

Cleft Palate

Cleft Palate Foundation
(800) 242-5338
Cleft Palate Parent's Council
(800) 676-5727

Contenance

Simon Foundation for Contenance
(800) 237-4666

Cystic Fibrosis

Cystic Fibrosis Foundation (CF)
(800) 344-4823

Deaf

Dial-a-Hearing Screening Test
(800) 222-3277
Deafness Research Foundation
(800) 535-3323
National Hearing Aid Foundation
(800) 521-5247

Diabetes

American Diabetes Association
(800) 232-3472

Dietetic

American Dietetic Association
(800) 877-1600
American Dietetic Association's Consumer
Nutrition Hotline (800) 366-1655

Down Syndrome

National Down Syndrome Congress
(800) 232-6372
National Down Syndrome Society
(800) 221-4602

Dyslexia

Orton Dyslexia Society
(800) 800-ABC-D123

Eating Disorders

Bulimia Anorexia Self-Help
(800) 227-4785

Endometriosis

Endometriosis Association
(800) 992-3636

Eosinophilia-Myalgia Syndrome (EMS)

Public Health Foundation Eosinophilia-Myalgia
Syndrome (EMS) Hotline (800) 367-2829

Epilepsy

Epilepsy Foundation of America
(800) 332-1000

Estrogen

DES Action USA (information on synthetic
estrogen drug, DES) (800) DES-9288

Exercise/Physical Fitness

Aerobics and Fitness Foundation
(800) BE FIT86

Grief

Grief Recovery Helpline
(800) 445-4808

Head

Forward Face (self-help group for craniofacial disorders) (800) 422-3223

Headache

National Headache Foundation
(800) 843-2256

Head Injury

American Trauma Society
(800) 556-7890
National Head Injury Foundation, Family Helpline (800) 444-6443

Heart

American Heart Association
(800) 242-8721

Hemophilia

National Hemophilia Foundation
(800) 42-HANDI

Human Growth

Human Growth Foundation
(800) 451-6434

Huntington's Disease

Huntington's Disease Society of America, Inc.
(800) 296-4433

Immune Deficiency

Immune Deficiency Foundation
(800) 296-4433

Impotence

Impotence Information Center
(800) 843-4315; (800) 543-9632

Kidney

American Kidney Fund (Nephrology)
(800) 638-8299
National Kidney Foundation
(800) 622-9010

Liver

American Liver Foundation
(800) 223-0179

Lung Disease

American Lung Association
(800) 492-7527
Lung Line National Jewish Center for Immunology and Respiratory Medicine (800) 222-5864; (800) 552-LUNG (lung facts)

Lupus

American Lupus Society
(800) 331-1802
Lupus Foundation of American
(800) 558-0121

Lyme Disease

Lyme Disease Foundation
(800) 886-5963

Lymphedema

National Lymphedema Network
(800) 541-3259

Marfan

National Marfan Foundation
(800) 8-MARFAN

Medic Alert

MedicAlert Foundation
(800) 432-5378; (800) 344-3226

Mental Health

Depression Awareness, Recognition, and Treatment (800) 421-4211
National Alliance for the Mentally Ill (800) 950-NAMI
National Clearinghouse on Family Support and Children's Mental Health (800) 628-1696
National Depressive and Manic Depressive Association (800) 82-NDMDA
National Foundation for Depressive Illness (800) 248-4344
National Mental Health Association (800) 969-6642
Panic Disorder Information (800) 64-PANIC

Multiple Sclerosis

National Multiple Sclerosis Society
(800) FIGHT-MS

Muscular Dystrophy

Muscular Dystrophy Association
(800) 572-1717

Myasthenia Gravis

Myasthenia Gravis Foundation of America, Inc.
(800) 541-5454

Neurofibromatosis

National Neurofibromatosis Foundation, Inc.
(800) 323-7938
Neurofibromatosis, Inc.
(800) 942-6825

Ostomy

United Ostomy Association
(800) 826-0826

Osteoporosis

National Osteoporosis Foundation
(800) 223-9994

Paralysis

American Paralysis Association (APA)
(800) 225-0292
National Spinal Cord Injury Association
(800) 962-9629
National Spinal Cord Injury Hotline
(800) 526-3456

Parkinson Disease

American Parkinson Disease Association, Inc.
(800) 223-2732
National Parkinson Foundation
(800) 327-4545

Perinatal

National Association of Perinatal Research and
Education (800) 638-2229

Plastic Surgery

American Society of Plastic Reconstructive
Surgeons, Inc., (800) 635-0635
Facial Plastic Surgery Information
(800) 332-3223
Institute of Reconstructive Plastic Surgery
(800) 422-3223

PMS

PMS Access (information and referral for premen-
strual syndrome (800) 222-4767

Psoriasis

National Psoriasis Foundation
(800) 723-9166

Radon

Radon Hotline
(800) 526-5456

Retardation

American Association on Mental Retardation
(800) 424-3688
National Clearinghouse on Family Support and
Children's Mental Health (800) 628-1696
Siblings for Significant Change
(800) 841-8251
The Arc (formerly The Association for Retarded
Citizens) (800) 433-5255

Reye's Syndrome

National Reye's Syndrome Foundation
(800) 233-7393

Safety

National Child Safety Council
(800) 222-1464
National Fire Protection Association
(800) 344-3555
National Highway Traffic Safety Administration
Auto Safety Hotline (800) 424-9393
U.S. Coast Guard Boating Safety Hotline
(800) 368-5647
U.S. Consumer Product Safety Commission
(800) 638-2772; (800) 638-8270

Sclerosis

National Tuberos Sclerosis Association
(800) 225-6872

Scoliosis

The Scoliosis Association, Inc.
(800) 800-0669

Sickle Cell Disease

Sickle Cell Disease Association of America, Inc.
(SCDAA) (800) 421-8453

Skin Disease

United Scleroderma Foundation, Inc.
(800) 722-4673

Speech

National Stuttering Project
(800) 364-1677

Spina Bifida

Spina Bifida Association of America
(800) 621-3141

Spinal Muscular Atrophy

Families of S.M.A.—Spinal Muscular Atrophy
(800) 886-1762

Spondylitis

Spondylitis Association of America
(800) 777-8189

STD

CDC National STD Hotline
(800) 227-8922

Stroke

American Heart Association Stroke Connection
(800) 553-6321
National Stroke Association
(800) STROKES
National Institute of Neurological Disorders and
Stroke (800) 352-9424

Sudden Infant Death

American Sudden Infant Death Syndrome
Institute (800) 232-7437
SIDS Alliance
(800) 221-7437

Terminally Ill

Hospice Education Institute
(800) 331-1620
Make-A-Wish Foundation
(800) 722-9474
Make Today Count, Inc. (Support for those with
life threatening illnesses) (800) 432-2273
The Dream Factory, Inc. (Grants wishes for criti-
cally ill children) (800) 456-7556

Tourette Syndrome

Tourette Syndrome Association, Inc.
(800) 823-2055

Urology Problems

American Foundation for Urologic Disease
(800) 242-2383

Visually Impaired/Blindness/Eye

American Council of the Blind
(800) 424-8666
American Foundation For The Blind, Inc.
(800) 232-5463
American Printing House for the Blind
(800) 223-1839
Blinded Veterans Association
(800) 669-7079
Braille Institute of America
(800) BRAILLE
Christian Record Services (Free publications/
audio cassettes for blind) (800)
Council of Citizens with Low Vision International
(800) 733-2258
Division of Services for the Blind
(800) 960-9270
Guide Dog Foundation for the Blind, Inc.
(800) 548-4337
Guiding Eyes for the Blind
(800) 942-0149
National Association for Parents of the Visually
Impaired (800) 562-6265

Helplines and Hotlines for Health

National Braille Press
(800) 548-7323

National Eye Care Project
(800) 222-3937

National Eye Research Foundation
(800) 621-2258

National Federation of the Blind
(800) 638-7518

National Library Service for the Blind and
Physically Handicapped (800) 424-8567

National Society to Prevent Blindness
(800) 331-2020

Research to Prevent Blindness
(800) 621-0026

Retinitis Pigmentosa International
(800) 344-4877

RP Foundation Fighting Blindness (retinitis pig-
mentosa) (800) 683-5555

Science Products (product for blind)
(800) 888-7400

The Lighthouse, Inc. (information about visual
impairment and resources in your area
(800) 334-5497

Xavier Society for the Blind
(800) 637-9193

Xerox Imaging Systems (portable reading
machine) (800) 248-6550

Water

Safe Drinking Water Hotline
(800) 426-4791

Miscellaneous Information Associations:

Consumer Health Information Research Institute
(800) 821-6671

ETR Associates/Network Publications (family life
and health publications) (800) 321-4497

Food Labelling Hotline
(800) 535-4555

National Black Women's Health Project
(800) ASK BWHP

National Health Information Center
(800) 336-4797

National Library of Medicine
(800) 272-4787

National Reference Center for Bioethics Literature
(specialized collection of books, journals and
articles concerned with biomedical issues)
(800) MED-ETHX

National Vaccine Information Center
(800) 909-SHOT

National Youth Crisis Hotline
(800) 448-4663

Office of Minority Health Resource Center
(800) 444-6472

Social Health Association
(800) 227-8922

Women's Sport Foundation
(800) 227-3988

YMCA of the USA
(800) 872-9622

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- Jan W. Kuzma, Kay Kuzma, and DeWitt S. Williams, *Devotional selections from Energized! One-a-day devotionals for body, mind and soul*, Hagerstown, MD: Review and Herald Publishing Association, 1997.
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Chapter 2: Community Health Promotion

- David C. Nieman, *The Adventist Healthstyle: Why it Works*. Hagerstown, MD: Review and Herald Publishing Association, 1992.
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Chapter 3: The Mission and Organization of NAD Health Ministries

SDA Encyclopedia

Chapter 4: Getting Started: Help for the New Health Ministries Leader

- DeWitt S. Williams, "Help for the New Health and Temperance Leader." *HT Update*, Vol 2, #1, p. 1-2, 1994.

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Chapter 7: Natural Remedies

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Chapter 8: Divine Healing and Prayer for the Sick

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- "Substance Use Among Seventh-day Adventist Youth," A NAD Leadership Briefing Paper prepared by the Institute for the Prevention of Addictions, Andrews University.)
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Richard A Schaefer, Legacy, Loma Linda, CA:
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Bernell Baldwin: Unpublished manuscript.

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Lee Anna Jackson: Unpublished manuscript

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manuscripts

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Appendix A: What Seventh-day Adventists Believe about Healthful Living

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Appendix C: Seventh-day Adventist Positions on Health Issues

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