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**24-Hour Crime Victim Services**  
(Citizens Council) .....  
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(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**  
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](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** .....  
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**Concerned United Birth**  
**Parents** .....  
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**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** .....  
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**Grief, Loss & Transition** .....  
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**Lesbian Survivors of Abuse**  
[www.geocities.com/rainbow.hope2000/](http://www.geocities.com/rainbow.hope2000/)

## M

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[www.marijuana.anonymous.org](http://www.marijuana.anonymous.org)  
**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

**NarAnon** .....  
612.379.4253  
**Narcotics Anonymous**  
**metro** .....  
952.939.3939  
**statewide** .....  
1.877.767.7676  
**Nicotine Anonymous** .....  
952.404.1488

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**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**  
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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)

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**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

**Ernest Yates Loomis**



## Step By Step Self Help:

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

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