


## Section 4

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#### Resources, Support Groups and Hotlines

##### **Alcoholics Anonymous North County**

 <http://www.nosdco-aa.org/>

 760-758-2514

##### **Alzheimer Association**


 800.272.3900 Help Line

 <http://www.alz.org>

##### **American Cancer Society**


2655 Camino del Rio N Ste 100

San Diego, CA 92108

 619-682-7427

 <http://www.cancer.org>


##### **American Society on Aging**

 800-537-9728

 <http://www.asaging.org>

##### **A Place for Mom**

FREE Eldercare Referral Service assisting families in finding resources of any kind

 866-691-2427


 <http://www.aplaceformom.com>

##### **Being Alive: AIDS/HIV Resources**


 <http://www.beingalive.org/resources/local.shtml>


##### **Child Abuse**

<http://www2.sdcounty.ca.gov/hhsa/ServiceDetails.asp?ServiceID=89>


 800-344-6000 Crisis hotline

##### **Domestic Violence**


 <http://www2.sdcounty.ca.gov/hhsa/documents/SanDiegoRegionalDVRResourcesList.pdf>


 800-479-3339 Crisis hotline

##### **Family Caregiver Alliance**

 <http://caregiver.org/caregiver/jsp/home.jsp>

##### **Elder Law Advocacy**

 <http://seniorlaw-sd.org/>


 858-565-1392


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#### Resources, Support Groups and Hotlines

##### **Emergency Resources**

 <http://211sandiego.org>


 Dial 211 from T-mobile, Cingular and Sprint/Nextel  
Or 858-300-1211

##### **Independent Caregivers**


Personal care chart

##### **Narcotics Anonymous**


 <http://www.sandiegona.org/area/beach/>

 866-331-1958 North County


##### **National Cancer Institute**

 <http://nci.nih.gov/>


##### **National Institute on Aging**


 <http://www.nia.nih.gov/>

##### **National Institute of Mental Health**


 <http://nimh.nih.gov/index.shtml>

##### **Network of Care for Seniors and People with Disabilities**

 <http://networkofcare.org>

 415-458-5900

##### **Paid Family Leave California**

 <http://www.paidfamilyleave.org/>

##### **Resources for Caregivers**


Support Services List


Personal Care Chart

Housekeeping Guide

Medication Chart

##### **San Diego County Cancer Navigator**


 <http://www.cancernavigator.org/>

 866-324-2628

##### **Southern Caregiver Resource Center**

3675 Ruffin Rd, Ste 230 San Diego, CA 92123

Support groups for Caregivers

 858-268-4432


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#### Resources, Support Groups and Hotlines

 <http://caregivercenter.org/>

#### **Substance Abuse: Lasting Recovery**

 <http://www.lastingrecovery.com/>


 858-453-4315

#### **Therapist Directory for San Diego**

 <http://www.sandiegotherapists.com/therapygroups.html>


#### **Tri-city Medical Center Support groups**

 <http://www.tricitymed.org/edu/support/groups.cfm>

 760-724-8411

#### **Veterans and Active Military**

 <http://sandiego.networkofcare.org/Veterans/home/index.cfm>

 415-458-5900

#### **World Health Organization**

 <http://www.who.int/en/>