

HEALTH-RELATED SUPPORT GROUPS

In an effort to support members of our community, Meriter Hospital's Physical Medicine & Rehabilitation Program has compiled information on a variety of local, state and national support group and resource organizations. Information on the following disabilities, conditions, illnesses and support services can be found in this resource:

Alzheimer's & Dementia	Fibromyalgia & Chronic Fatigue
Amputation	Guillain-Barré Syndrome
Aphasia	Headaches
Arthritis	Hearing Loss
Attention Deficit Disorder	Heart Disease
Autism	Huntington's Disease
Brain Injury	Learning Disabilities & Dyslexia
Brain Tumors	Low Vision
Cancer	Lupus
Cancer – Childhood	Meniere's Disease
Caregivers	Midlife Issues
Celiac Disease	Multiple Sclerosis
Cerebral Palsy	Muscular Dystrophy
Chronic Illness	Myasthenia Gravis
Craniofacial Anomalies	Paralysis
Death and Bereavement	Parkinson's Disease
Diabetes	Spinal Cord Injury
Diabetes - Childhood	Stroke
Downs Syndrome	Stroke - Childhood & Adolescent
Dyslexia (see Learning Disabilities)	Stuttering
Eating Disorders	Suicide
Epilepsy	Weight Control

To notify us of updates or additions, please contact us at
(608) 417-6487 or ljoyce@meriter.com

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ALZHEIMER'S & DEMENTIA

A.D.E.A.R. (Alzheimer's Disease Education & Referral Center)

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

Provides information on the disease for both patients and caregivers and an *Aging IQ Quiz*.

Alzheimer's Association

Phone: (608) 232-3400

Toll-free: (800) 272-3900

Website: www.alz.org

A nationwide association dedicated to helping people with Alzheimer's and dementia. Provides good information, up-to-date and ongoing research and recent news regarding Alzheimer's.

Alzheimer's & Dementia Support Group

Phone: (608) 837-4611

Support group meetings are held at the Colonial Club in Sun Prairie.

Alzheimer's Disease.com

Website: www.alzheimersdisease.com

Provides a search engine for answering questions you may have on Alzheimer's and important information for caregivers on caring for someone with Alzheimer's.

AMPUTATION

(The) Amputee Coalition

Toll-free: 888-267-5669

Website: www.amputee-coalition.org

Provides information on amputation and amputees.

Amputee-Online.com

Website: www.amputee-online.com

Provides links to other amputee websites and a directory of other amputees.

Amputee Support Line

Phone: (608) 318-2066

This phone number serves as a support line and can help you with any questions.

National Amputation Foundation

Website: www.nationalamputation.org

Provides assistance to veterans of WWI, WWII, Korea, the Vietnam Conflict, Desert Storm and Iraqi Freedom.

APHASIA

Aphasia Hope Foundation

Website: www.aphasiahope.org

Provides information on news/events and research, along with an easy to use search engine and fact sheet.

Family Village

Website: www.familyvillage.wisc.edu/index.html

Provides information about aphasia, as well as who to contact to either learn more or to get support.

Living with Aphasia Support Group

Phone: (608) 767-3838

Jon G. Lyon is a doctor of Speech Pathology and conducts various support group meetings in and around Madison.

National Aphasia Association

Website: www.aphasia.org

Provides itinerary of important dates and information for patients and caregivers on aphasia.

ARTHRITIS

Arthritis.com

Website: www.arthritis.com

This website provides information, symptoms checklist, ways to manage pain and helpful tips for living with arthritis.

Arthritis Foundation

Phone: (800) 242-9945

Website: www.arthritis.org

The Arthritis Foundation is a nationwide organization dedicated to helping those suffering from arthritis. The site provides a store with products for people with arthritis, information on various types of arthritis, dates of upcoming events and programs and news regarding recent research.

(The) Arthritis Society

Website: www.arthritis.ca

Provides up to date information on the latest research and drug treatments, a way to ask a doctor about a specific question and links to a discussion board.

Medline Plus – Arthritis

Website: www.nlm.nih.gov/medlineplus/arthritis.html

Provides arthritis advice, an easy to read source for determining if you or a loved one has arthritis and answers to frequently asked questions.

ATTENTION DEFICIT DISORDER

About Attention Deficit Disorder

Website: www.add.about.com

Provides tips for surviving ADD in the workplace, information on medications, and recent articles about ADD.

A.D.D.A. (Attention Deficit Disorder Association)

Website: www.add.org

Provides information on finding help, local support groups, classes you can take to become more focused, and articles with recent news on ADD.

Born To Explore

Website: <http://borntoexplore.org>

Provides general information on ADD/ADHD, as well as popular articles and research.

**C.H.A.D.D. (Children & Adults with Attention Deficit/Hyperactivity Disorder)
National Resource Center for Traumatic Brain Injury**

Website: www.neuro.pmr.vcu.edu

Provides science-based, evidence-based information about AD/HD to parents, educators, professionals, media, and the general public. Provides the latest in ongoing research, resources, and an up to date newsletter.

Child Development & Parenting Information

Website: www.childdevelopmentinfo.com

Provides information on childhood ADD along with data on treatments and medications.

AUTISM

Autistics.org

Website: www.autistics.org

A social networking site with an autism information library, links to other related sites, and a discussion forum.

Autism Research Institute

Website: www.autism.com/ari

Provides information about the latest research ongoing with autism.

Autism Society of America

Website: www.autism-society.org

Provides information on autism, resources for finding more information, and links to different chapters.

Autism Speaks (Previously known as C.A.N. or Cure Autism Now)

Website: www.autismspeaks.org/

Provides information about the latest research, access to an internet newsletter, and a gallery full of pictures of the many faces of autism.

Center for the Study of Autism

Website: www.autism.org

Provides information about the latest research with autism.

Families for Early Autism Treatment

Website: www.featt.org

Provides documents containing information about autism, answers to frequently asked parent questions, and links to related websites.

Future Horizons

Website: www.futurehorizons-autism.com

Provides books that it publishes specifically for children with autism.

Kids Health

Website: <http://kidshealth.org>

Provides information about autism that is easy to read and understand.

Wisconsin Autism Society

Phone: (888) 4-AUTISM (428-8476)

Website: www.asw4autism.org

The Wisconsin Autism Society is an organization that provides help to those dealing with autism throughout the state of Wisconsin. Provides a guide for families, a newsletter, and a list of chapters near you.

BRAIN INJURY

Avenues to Community Brain Injury Support Group

Phone: (608) 663-8390

Website: www.madison.com/communities/ave2comm

Avenues to Community provides a support group in the Madison area for individuals, family, and friends dealing with a brain injury.

Betsy's Support Page for Traumatic Brain Injury

Website: www.homestead.com/betsysupportpage

Provides information, help, and support for family members, caregivers, and loved ones on coping with TBI.

Brain Injury Association of America

Phone: (800) 444-6443

Website: www.biausa.org

Provides a 24 hour national helpline, including a Kids Corner, and access to books, tapes, and videos.

Brain Injury Association of Wisconsin (BIAW)

Phone: (262) 790-9660 or toll-free in WI: (800) 882-9282

Website: www.biaw.org

BIAW is a nonprofit organization committed to serving individuals with an acquired brain injury and their families. BIAW provides services in advocacy, education, information and resources, prevention, and support services.

Brain Injury Support Group

Phone: (608) 238-1000

Contact: Vickie Roloff

Email: vroloff@reminc.com

This is a support group offered in Madison for individuals, family, and friends dealing with a brain injury.

Brain Injury Support Group

Phone: (608) 663-8390

Website: www.madison.com/communities/ave2comm/

This is a support group offered through *Avenues to Community* for individuals, family, and friends dealing with a brain injury.

Mild Brain Injury Resource Network

Phone: (608) 238-3571

Contact: Ellyn Kroupa

This is a support group that is offered at Meriter Hospital for patients, family, and friends affected by a brain injury.

National Resource Center for Traumatic Brain Injury

Website: www.neuro.pmr.vcu.edu

Provides the latest in ongoing research, resources, and an up to date newsletter.

BRAIN TUMOR

American Brain Tumor Association

Phone: (800) 886-2282

Website: www.abta.org

This is a nationwide telephone help service for people who have had their life affected by a brain tumor. Provides upcoming events, a listing of support services, a medical library, and a store to purchase items to help fund research.

Brain Tumor Society

Website: www.tbts.org

Provides up to date information, stories of survivors, background on various treatment options, and dates of upcoming events.

Clinical Trials – Brain Tumors

Website: www.virtualtrials.com

Provides a brain tumor guide, survivor stories, and noteworthy treatments section with a video library.

Madison Area Brain Tumor Support Group

Phone: (608) 265-1192

Contact: Lori Hayes

Website: www.cancer.wisc.edu

Any individual with a brain tumor and their family or support persons are invited to share their brain tumor experiences in an effort to provide a supportive and educational experience. Meets the 3rd Tuesday of each month at UW Hospital.

National Brain Tumor Foundation

Toll-free: (800) 934-CURE (2873)

Website: www.braintumor.org

This is a nationwide phone service that was designed to assist those who have been affected by a brain tumor. Provides information about recent research, news articles, and general background on brain tumors.

CANCER

A View Beyond – Gynecologic Cancer

Phone: (608) 263-8633

Contact: Susan Brye

This is a support group held in Madison at the Quarry Arts Building for women who have had to deal with gynecologic cancer.

A.C.O.R. (Association of Cancer Resources)

Website: www.acor.org

Provides a mailing list for getting in contact with online communities, ways of coping with cancer, and treatment options.

After Breast Surgery Support Group

Phone: (608) 417-5911

This is a support group held at Meriter Hospital for women who have had breast cancer and have either gone through breast surgery or are considering it.

American Cancer Society

Phone: (608) 833-4555

Website: www.cancer.org

This is a nationwide helpline for those who have had their life touched by cancer. Provides general information on cancer as well as stories of cancer survivors and coping techniques.

American Cancer Society Navigator

Phone: (608) 266-6025

Contact: Bonnie Burington

This is a support group held in Madison at U.W. Hospital for men and women who have been affected by cancer.

Cancer Care

Website: www.cancercare.org

Provides help and hope for cancer patients, family, and friends.

Cancer Information Service

Phone: (800) 4-Cancer (800-422-6237)

This is a nationwide telephone service dedicated to individuals who have been forced to face cancer.

Cancer News

Website: www.cancernews.com

Provides recent news and updates with regards to cancer.

(Fred) Hutchinson Cancer Research Center

Website: www.fhcrc.org

Provides the science and research that is ongoing, ways to help and get involved, and general cancer information.

Lymphoma Support Group

Phone: (608) 263-8633

Contact: Susan Brye

This is a support group that is held in Madison at the Quarry Arts Building and was designed for individuals that are dealing with lymphoma.

National Cancer Institute

Website: <http://cancer.gov>

Provides a dictionary for cancer related words, cancer statistics, and recent news articles.

NPG (Nature Publishing Group)

Website: www.nature.com/cancer

Provides cancer research updates, recent articles, and general information.

OncoLink

Website: www.oncolink.upenn.edu

Provides information on different types of cancer, treatment options, and ways of coping after being diagnosed.

St. Mary's Breast Cancer Support Group

Phone: (608) 258-6849

This is a support group that is held at St. Mary's Hospital and is designed to help women who have had their lives affected by breast cancer.

Man-to-Man Prostate Cancer Support Group

Phone: (608) 417-5911

This is a support group held at Meriter Hospital for men who have either been recently diagnosed or have survived prostate cancer.

UWCCC Cancer Connect

Phone: (608) 262-5223

This is a support group in the Madison area that is for men and women who have had their lives affected by cancer.

CANCER – CHILDHOOD

Candlelighters Childhood Cancer Foundation

Website: www.candlelighters.org

Provides education, support, survivor stories, and facts about childhood cancer.

Kids Health for Parents

Website: <http://kidshealth.org>

Provides breaking news and research updates, general information on childhood cancer, and coping techniques.

National Childhood Cancer Foundation

Website: www.curesearch.org

Provides information about childhood cancer, upcoming events, and stories of children survivors.

St. Jude's Children's Research Hospital

Website: www.stjude.org

Provides general information on various types of cancer and childhood cancer survivor stories.

Understanding Childhood Cancer

Website: www.savvyknowledge.com

Provides easy to understand information about childhood cancer.

CAREGIVERS

Caregiver.com

Website: www.caregiver.com

Provides a sign-up for a free weekly newsletter, a chat room, dates of upcoming events, and care directory.

Caregivers Support Group

Phone: (608) 837-4611

Contact: Gail Brooks

This is a support group held in Sun Prairie at the Colonial Club that is intended to help caregivers cope with the rigors and stress of their profession.

Madison Area Stroke Support Group

Phone: (608) 417-6487

Contact: Louise Joyce

Location: Meriter Home Health, 2180 W. Beltline Hwy., Madison, WI

This support group is held the 1st Thursday of each month for stroke survivors and their caregivers.

National Family Caregivers Association

Phone: (800) 896-3650

Website: www.nfcacares.org

Excellent resource for caregivers with links to many other valuable disability-specific sites.

Provides an event calendar, ways to communicate with health care professionals, and good tips to be a great caregiver.

Solutions for Better Aging

Phone: (888) 405-4242

This is a nationwide telephone service that provides medical supplies for elderly patients as well as a reference place for various elderly needs.

Young Adult Stroke Survivors Support Group

Phone: (608) 417-6487

Contact: Louise Joyce

Location: Meriter Hospital, 202 S. Park St., Madison, WI

For young adult stroke survivors. Held the 1st Wednesday of each month, 6-8 p.m., in the Day Rehab Center of Meriter Hospital. Caregivers are also welcome to attend.

CELIAC DISEASE

Celiac.com

Website: www.celiac.com

Provides a search for other sites regarding celiac disease, a listing of gluten-free foods, and general information on Celiac Disease.

Celiac Disease Foundation

Website: www.celiac.org

Provides general information, recent studies, a Kids Korner, how to change your lifestyle, connection groups, and various other resources.

Family Doctor.org – Celiac Disease

Website: <http://familydoctor.org/236.xml>

Provides good information regarding Celiac Disease.

CEREBRAL PALSY

Cerebral Palsy – Ask the Doctor

Website: www.about-cerebral-palsy.org

Provides good information on the different types of cerebral palsy and a way to ask a doctor via a free online evaluation.

Cerebral Palsy Connection

Website: www.cpconnection.com

Provides information about cerebral palsy as well as a directory of other sites focusing on Cerebral Palsy.

Cerebral Palsy Help

Website: www.cerebralpalsyhelp.com

Provides information on causes, symptoms, and ways to help your child.

National Easter Seals Society

Phone: (800) 221-6827

This is a nationwide phone service that is committed to lending a helping hand to those who have had theirs touched by cerebral palsy.

United Cerebral Palsy

Phone: (800) 872-5827

Website: www.ucp.org

Provides concrete information, the latest news stories, and a calendar of upcoming events. Nationwide telephone service dedicated to helping individuals, family, and friends affected by cerebral palsy.

United Cerebral Palsy Adult Services Program

Phone: (608) 273-8482

Contact: Meredith Chiles

UCP provides in-home and community services for people of all ages with developmental disabilities. The adult services program assists individuals over the age of 18 who have a developmental disability and reside in Dane County.

Youth Services

Phone: (608) 273-3318

Contact: Angela Lazars

Provides recreational and social options for teens with developmental disabilities; networking to facilitate interactions with teens without disabilities. This program is designed to meet the needs of a working family.

CHRONIC ILLNESS

Friend's Health Connection

Website: www.48friend.com

Provides two networks for reaching others with chronic illness, dates of upcoming lectures and events, opportunity to buy books, tapes and CDs, and links to other sites regarding chronic illness.

HealingWell.com

Website: www.healingwell.com

Provides ways to decide if you have chronic illness, a sign-up for a free newsletter, and links to other organizations, information sites, and chats dealing with chronic illness.

National Center for Chronic Disease (Prevention & Health Promotion)

Website: www.cdc.gov/nccdphp

Provides information on ways to prevent chronic illness, news on the latest research, and ways of coping with an already contracted chronic illness.

Wisconsin Chronic Disease Program

Website: <http://www.dhfs.state.wi.us/wcdp/index.htm>

This is a website that offers assistance to Wisconsin residents with various chronic diseases.

World Health Organization

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

This is a website that provides great information on various health topics including chronic diseases and provides data and statistics.

CRANIOFACIAL ANOMALIES

American Cleft Palate & Craniofacial Association

Phone: (800) 242-5338

Website: www.cleftline.org

This is a nationwide telephone service that is intended to lend a helping hand to those who have been affected by cleft palate and/or craniofacial abnormalities. Provides information for patients and families of children affected with craniofacial anomalies.

Cincinnati Children's Hospital Medical Center

Website: www.cincinnatichildrens.org

Provides general information about craniofacial anomalies.

Craniofacial Foundation of Arizona

Website: www.azcranio.com

Provides information on upcoming events, a general education, and success stories.

Pediatric Neurosurgery

Website: <http://cpmcnet.columbia.edu>

Provides general information about craniofacial anomalies.

Smiles

Website: www.cleft.org

Provides a support group of dedicated families that give you access to information and success stories.

UW Hospital Cleft Palate & Craniofacial Clinic

Phone: (608) 263-2376

Contact: Sara Neuroth

This is a resource to allow access to knowledgeable physicians and nurses that can answer any questions you might have about cleft palate and/or craniofacial abnormalities.

DEATH & BEREAVEMENT

A.B.C.D. (Americans for Better Care of the Dying)

Website: www.abcd-caring.org

Provides recent news and events, an online conference, a reading room, and links to related sites.

A.D.E.C. (Association for Death Education & Counseling)

Website: www.adec.org

Provides a member option, recent publications, support group listings, and dates for upcoming workshops.

American Academy of Hospice and Palliative Medicine

Website: www.aahpm.org

Provides a membership option, education, a bookstore, and links to related sites.

Bereavement Services

Phone: (800) 362-9567

This is a nationwide phone service that is committed to lending a helping hand to those dealing with death.

Center for Life & Loss Integration

Phone: (608) 258-7771

Contact: Judy Koeppel

This group is for younger women who have lost their spouses.

(The) Compassionate Friend

Phone: (877) 969-0010

This is a nationwide telephone service that is intended to help those individuals deal with death.

Grief Counselor

Phone: (608) 249-6651

St. Peter's Catholic Church, Madison, WI.

Growth House, Inc.

Website: www.growthhouse.org/index.html

Provides a bookstore, information on hospice care, palliative care, ways to help children, and much more.

Last Acts

Website: www.lastacts.org

Provides information on palliative care, recent media stories, and resources to use for means to a better end.

Near Death Experiences Support Group

Phone: (608) 417-5900

This is a support group that is held at Meriter Hospital for individuals who have had near death experiences.

SHARE – Pregnancy & Infant Loss Support

Phone: (800) 821-6819

This is a nationwide telephone service dedicated to helping those individuals that have experienced the loss of an infant or a have had a miscarriage.

DIABETES

American Diabetes Association

Website: www.diabetes.org

Provides the latest news in diabetes today, general information, ways to exercise and diet, and a recipe of the day.

Canadian Diabetes Association

Website: www.diabetes.ca

Provides the latest news regarding diabetes and up to date research information.

Diabetes Public Health Resource

Website: www.cdc.gov/diabetes

Provides news and information on diabetes and its accompanying medications, along with helpful ways to lower blood sugar levels.

Diabetic Support Group

Phone: (608) 837-4611

Contact: Mary Martin, RN

This is a support group in Sun Prairie held at the Colonial Club that is dedicated to aiding individuals in living with diabetes.

National Institute of Diabetes & Digestive & Kidney Disease

Website: www.niddk.nih.gov

Provides answers to frequently asked questions, general information on various diseases, and includes the latest news and research.

DIABETES – CHILDHOOD

Children with Diabetes

Website: www.childrenwithdiabetes.com

Provides information on upcoming events and a chat room for those affected with childhood diabetes.

Viva! Diabetes

Website: www.vivadiabetes.com

Provides an archive of diabetes information, as well as links to many other sites.

DOWN SYNDROME

Down Syndrome Association

Website: www.nads.org/

Provides information for new parents, support group listings, and various links to other sites regarding Down syndrome.

Down Syndrome Association of Wisconsin

Phone: (414) 355-1404

Website: www.dsaw.org

This is a statewide telephone service that is stationed in Milwaukee and is intended to help families and friends of Down syndrome individuals. Provides information, a calendar of upcoming events, and a newsletter.

National Down Syndrome Society

Website: www.ndss.org

Provides recent research updates, information and resources, news and events, and access to various communities.

Recommended Down Syndrome Sites on the Internet

Website: www.ds-health.com/ds_sites.htm

Provides a listing of different organizations and support groups located on the internet.

EATING DISORDERS

Center for Change

Website: www.centerforchange.com

Provides information on eating disorders, a place to go for help, and tips on what family and friends can do to help.

Eating Disorder.com

Phone: (866) 784-8411

Website: www.eating-disorder.com

Provides general information on eating disorders and a helpline to find a treatment center.

Eating Disorders Association

Website: www.edauk.com

Provides recent news and events, other links, a booklet "Understanding Eating Disorders", and poetry from people with eating disorder.

Eating Disorders Referral Center

Phone: (866) 784-8411

This is a nationwide telephone service that is dedicated to helping individuals who have had their lives touched by an eating disorder.

Eating Disorder Referral & Information Center

Website: www.edreferral.com

Provides information on eating disorders and a search engine for finding help or being referred.

Eating Disorders Resources

Website: www.bulimia.com

Provides information on many eating disorders and a free E-mail newsletter.

Milestones in Recovery

Phone: (800) 347-2364

Website: www.milestonesinrecovery.com

Provides general information about eating disorders, a place to go for recovery, and a helpline.

National Eating Disorders Association

Website: www.nationaleatingdisorders.org

Provides general information about eating disorders, dates of upcoming events, and other links.

Pale Reflections Eating Disorder Community

Website: www.pale-reflections.com

Provides information regarding anorexia, binge-eating disorder, depression, obsessive compulsive disorder, and a support community.

Radar Programs

Phone: (800) 841-1515

Website: www.radarprograms.com

Provides general information about various eating disorders and a helpline.

Remuda Ranch

Website: www.remudaranch.com

Phone: (800) 445-1900

Provides information on what an eating disorder is, steps in the process of recovery, and offers a place to go for help.

EPILEPSY

American Epilepsy Society

Website: www.aesnet.org

Provides information, dates of upcoming events, the latest in news and research, and a link to “Epilepsy Current”, a magazine dedicated to epilepsy.

Epilepsy.com

Website: www.epilepsy.com

Provides information for kids, teens, women, families, and seniors, as well as education on treatments, and tips on living with epilepsy.

Epilepsy Action

Website: www.epilepsy.org.uk

Provides information, ways to get involved, access to an online community, the latest news and research, and special links just for kids and teenagers.

Epilepsy Foundation

Phone: (800) EFA-1000 (800-332-1000)

Website: www.epilepsyfoundation.org

This is a nationwide telephone service that is dedicated to educating and supporting individuals and their family/friends who have had their lives touched by epilepsy. Website provides an easy-to-use answer place, locations and dates of various programs and events, and an online community to talk with others that have epilepsy.

Epilepsy Ontario

Website: www.epilepsyontario.org

Provides information, dates of upcoming events, the latest in news stories, education about medications and treatments, and a list of local chapters for support.

FIBROMYALGIA & CHRONIC FATIGUE

About Chronic Fatigue

Website: <http://chronicfatigue.about.com>

Provides information about chronic fatigue syndrome and a sign up for a newsletter.

(The) CFS FAQ

Website: www.cfs-news.org

Provides answers to frequently asked questions regarding chronic fatigue syndrome.

Chronic Fatigue State Association

Phone (608) 834-1001

Call to obtain a packet of information that will better inform you about this disorder.

Chronic Fatigue Support.com

Website: www.chronicfatiguesupport.com

Provides recent newspaper articles and journal reports about chronic fatigue syndrome, as well as a community to contact others with this disease.

Fibromyalgia Network

Phone: (800) 853-2929

Website: www.fmnetnews.com

Provides good information, coping techniques, research studies, medical journal listings, and interviews with experts.

Fibromyalgia Support.com

Website: www.fibromyalgiasupport.com

Provides information for understanding this condition and a message board to talk to others also suffering from fibromyalgia.

GUILLAIN-BARRÉ SYNDROME

GBS Foundation International

Website: <http://gbs-cidp.org/>

This website provides information and support for patients, family members, and healthcare professionals.

Guillain-Barré Syndrome Support Group

Website: <http://www.gbs.org.uk/index2.shtml>

This website serves as a support group for those affected by Guillain-Barré Syndrome.

HEADACHES

American Council for Headache Education

Phone: (800) 255-2243

Website: www.achenet.org

Provides ways to join support groups, education on this condition, ways of prevention, and discussion forums.

Cluster Headaches.com

Website: www.clusterheadaches.com

Provides a place where people who suffer from cluster headaches can talk and support one another.

McKinley Health Center

Website: www.mckinley.uiuc.edu

Provides basic facts, ways to prevent, ways to treat, and warning signs of headaches.

National Headache Foundation

Phone: (888) NHF-5552 (888-643-5552)

Website: www.headaches.org

Provides education to headache sufferers and healthcare professionals about headache causes and treatments.

HEARING LOSS

American Speech-Language-Hearing Association (ASHA)

Phone: (800) 638-8255

Website: www.asha.org

The American Speech-Language-Hearing Association (ASHA) is the professional, scientific, and credentialing association for more than 130,000 members and affiliates who are audiologists, speech-language pathologists, and speech, language, and hearing scientists.

Deaflinx.com

Website: www.deaflinx.com

Provides links to numerous internet clubs and organizations regarding deafness, American Sign Language, deaf education, services and other information..

Hard of Hearing Advocates

Website: www.hohadvocates.org

Provides information on programs designed to help the hard of hearing and statistics on hearing loss.

Hearing Loss Association of America

Phone: (301) 657-2248

Website: www.hearingloss.org

HLAA is the nation's foremost consumer organization representing people with hearing loss. HLAA impacts accessibility, public policy, research, public awareness, and service delivery related to hearing loss on a national and global level.

United Way of Dane County – Hearing Impaired Department

Phone: (608) 246-4360

This is a Madison-based organization that helps individuals with hearing impairment or loss.

HEART DISEASE

American Heart Association

Phone: (800) AHA-USA-1 (800-242-8721)

Website: www.americanheart.org

Provides information on maintaining a healthy heart, tips for a healthy lifestyle, and warning signs. Nationwide telephone service that is intended to educate and support individuals that have had their life touched by heart disease.

Congenital Heart Information Network

Website: www.tchin.org

Provides information to families of children with congenital heart defects, and access to a community of other families in similar situations.

Family Doctor.org

Website: <http://familydoctor.org/287.xml>

Provides women with information about heart disease and advice to avoid heart attacks.

Healing Hearts Support Group

Phone: (608) 233-9669 or (608) 222-2857

Location: Meriter Hospital, 202 S. Park Street, Madison, WI

Website: <https://secure.meriter.com/classreg/support.cfm?CatID=28>

Reversing heart disease through lifestyle, this support group meets the 2nd Saturday of the month from 9-11 a.m. in the 10 Tower conference room of Meriter Hospital. This group's focus is supporting each other in following the lifestyle recommendations put forth by Dr. Dean Ornish in his book "Reversing Heart Disease." The focus is on a low-fat diet, regular exercise and daily stress management practices. The group is open to anyone interested in learning more.

Heart Information Network

Website: www.heartinfo.org

Provides heart attack symptoms and warning signs, ways to reduce cholesterol, and general information about heart disease.

Nutrition, Health, & Heart Disease

Website: www.health-heart.org

Provides tips on how to have a healthy heart, and information for practicing a good diet.

WomenHeart Support Group

Phone: (608) 260-2209

Location: Meriter Hospital, 202 S. Park St., Madison, WI

Website: <https://secure.meriter.com/classreg/support.cfm?CatID=28>

WomenHeart is a national coalition for women with heart disease. The goal of WomenHeart is to improve the quality of life and the quality of healthcare for all women heart patients through support, information and advocacy. Meetings are held on the 2nd Tuesday of the month from 6-8 p.m. The support group's aim is to provide a safe place for women with heart disease to exchange information and experiences, which can help reduce the feelings of loneliness, social isolation and shame that many female heart patients experience.

HUNTINGTON'S DISEASE

Huntington's Disease Advocacy Center

Website: www.hdac.org

Provides information about living with this disease, how to manage symptoms, and the latest in research.

Huntington's Disease Association Online

Website: www.hda.org.uk

Provides the latest in news, dates to upcoming events, and ways to get in touch with other Huntington's Disease individuals.

Huntington's Disease Center

Website: www.hdny.org

This is a website through the Columbia University Medical Center that answers frequently asked questions and links to other useful sites.

Huntington's Disease Society of America

Phone: (800) 345-4372

Website: www.hdsa.org

This is a nationwide telephone service that is dedicated to helping individuals with Huntington Disease and their family members. Provides information, the latest in research, dates of upcoming events, local chapters, and various ways of getting into contact with others who have had their lives affected by this disease.

LEARNING DISABILITIES

Dane County Dyslexia Support Group

Phone: (608) 288-1882

Location: Vantage Place II, 437 S. Yellowstone Dr., Madison, WI

Contact: Nira Scherz-Busch @ nira@charter.net

Website: www.childandfamilypsychological.com

Meetings held at Child & Family Psychological Services the 3rd Tuesday of each month from 6:30-8:00 p.m. Please see website for directions or contact Nira for more information.

Great Schools

Website: www.schwablearning.org

Provides ways to identify a learning disability, how to manage it, and a place to connect with others that have learning difficulties.

International Dyslexia Association (IDA)

Phone: (410) 296-0232

Website: <http://www.interdys.org>

The International Dyslexia Association (IDA) is a non-profit organization dedicated to helping individuals with dyslexia, their families and the communities that support them.

LD Online

Website: www.ldonline.org

Provides information on learning disabilities, tips for parents, teachers, and professionals, as well as the artist and writer of the week.

LD Resources

Website: www.ldresources.com

Provides resources about and for people with learning disabilities and discussion board to debate topics regarding learning difficulties.

Learning Disabilities & Dyslexia Support Group

Phone: (608) 288-1882

Location: Vantage Place II, 437 S. Yellowstone Dr., Madison, WI

Contact: Nira Scherz-Busch @ nira@charter.net

Meetings held at Child & Family Psychological Services, this support group focuses on children's learning difficulties. Established in 1981, Child and Family Psychological Services offers assessment, diagnosis, advocacy, treatment and help with school and work issues.

National Center for Learning Disabilities

Website: www.ld.org

Provides information on learning disabilities, tips for dealing with it, and a community where other people with learning disabilities can help each other.

WI Branch of the International Dyslexia Association (WIBIDA)

Website: www.wibida.org

This website lists information for parents, fact sheets on dyslexia and related language-based learning differences, dyslexia-related newsletters, and valuable links to other state and national websites and resources.

LOW VISION

Blindness Resource Center

Website: www.nyise.org/blind.htm

Provides an index for products that make dealing with low vision more tolerable.

Guide to Low Vision

Website: www.allaboutvision.com/lowvision

Provides information on products, finding a doctor, and links to educational material about low vision.

Low Vision Education Program

Website: www.nei.nih.gov

Provides links and references to numerous educational sites and materials regarding low vision.

(The) Low Vision Gateway

Website: <http://lowvision.org>

Provides many resources for vision loss, vision-impairment, blindness, low vision aids and low vision rehabilitation services.

Madison Low Vision Support Group

Phone: (608) 833-8314

Support Groups for people with low vision are held in Madison at the Attic Angel Retirement Center.

Middleton Low Vision Support Group

Phone: (608) 831-2373

Support groups for people with low vision are held in Middleton at the Middleton Senior Center.

Monona Low Vision Support Group

Phone: (608) 222-3415

Support groups for people with low vision are held in Monona at the Monona Senior Center.

Solutions for People with Low Vision

Website: www.lowvisionsolutions.net/

Provides information and tips on living with low vision.

Volunteer Braillists & Tapists Inc.

Phone: (608) 233-0222

Provides Braille and taped materials for all ages, needs, and areas of interest. Materials available for loan or purchase.

Wisconsin Council of the Blind & Visually Impaired

Phone: (608) 255-1166

Website: www.wcblind.org

This is a statewide organization stationed in Madison that offers support groups, rehab options, and even a store for the blind.

LUPUS

(The) Lupus Foundation of America

Website: www.lupus.org

National magazine for people with lupus, their families, and lupus health professionals.

Lupus Support Group

Phone: (608) 441-9493

This support group is held at Meriter Hospital and is intended to help individuals with lupus and their family members cope with the disease.

Medline Plus

Website: <http://www.nlm.nih.gov/medlineplus/lupus.html>

Provides the latest news, a general overview of frequently asked questions, and updates on research.

MENIERE'S DISEASE

Menieres.org

Website: www.menieres.org

Provides a message board, live chat room, a mailing list, and poetry from other patients.

Meniere's Disease Support Group

Phone: (414) 529-3215

This support group is located in Hales Corner, WI and is dedicated to helping those who have Meniere's Disease.

(The) Meniere's Page

Website: <http://oto.wustl.edu/men/>

Provides a presentation and good information on various symptoms and side effects of Meniere's Disease.

Meniett.com

Website: www.meniett.com/symptoms.html

Provides background information on this disease as well as treatment options, and stories from other patients.

MIDLIFE ISSUES

About Midlife

Website: <http://marriage.about.com/od/midlife>

Provides links to other websites dealing with midlife issues and a listing of books on the subject.

Midlife Dimensions

Website: www.midlife.com

Provides books, tapes, seminars, a chat room, and phone counseling on midlife issues.

Midlife Mentor.com

Website: www.midlifementor.com

Provides a way to learn how others have dealt with midlife issues, the most up to date research information, and a free newsletter.

Our Best Years

Website: www.bestyears.com

Provides essays written by Mike Bella, PhD on midlife topics.

Power Surge

Website: www.dearest.com

Provides live guest chats with prominent medical doctors on topics dealing with menopause, and access to a community of women all going through menopause.

MULTIPLE SCLEROSIS

All About Multiple Sclerosis

Website: www.mult-sclerosis.org

Provides an encyclopedia and a list of famous people also afflicted with MS.

Health Talk

Website: www.healthtalk.com

Has a link to Multiple Sclerosis that provides education on MS and future hopes for MS patients.

Medical Information Organization

Website: www.multiple-sclerosis.medical-information.org

Provides in depth information on MS and offers valuable education on the latest drugs to battle MS.

Madison MASH

Contact: Mary Allbaugh @ (608) 251-6777 or Walt Hoon @ (608) 849-4963

Email: MASHmeetings@aol.com

M.S. support group. Meet friends, hear MS speakers, learn in relaxed group setting.

Group meets the 3rd Saturday of the month at 10:00 a.m., @ J.T. Whitney's Pub & Brew, 674 S. Whitney Way in Madison.

MultipleSclerosis.com

Website: www.multiplesclerosis.com

Provides various stories, news events, and ways to deal with MS.

Multiple Sclerosis Association of America

Phone: (800) 532-7667

Website: www.msaa.com

Nationwide telephone service that is dedicated to offering support and information to those who have had their lives touched by multiple sclerosis.

National Multiple Sclerosis Society

Phone: (800) 344-4867

Website: www.nmss.org

Provides information on MS and living with it, different treatments, research being conducted, and recent headlines regarding the disease. Nationwide telephone service that is offered to individuals with multiple sclerosis, as well as family and friends that have been affected by the condition of a loved one.

MUSCULAR DYSTROPHY

Alliance of Genetic Support Groups

Phone: (800) 336-GENE (800-336-4363)

Nationwide telephone service that offers individuals affected by muscular dystrophy a helpline.

FacioScapuloHumeral Muscular Dystrophy Society

Website: www.fshsociety.org

Provides information, online chats, and news articles relating to facioscapulohumeral muscular dystrophy.

Medline Plus – Muscular Dystrophy

Website: www.nlm.nih.gov/medlineplus

Provides good information about the basic background of this disease and links to other sites regarding to muscular dystrophy.

Muscular Dystrophy Association

Phone: (800) 572-1717

Website: www.mdausa.org

Provides the latest publications and research, information regarding the telethon, and general information about this disease. Nationwide telephone service that has been developed to assist all individuals who have had their lives touched by muscular dystrophy.

Muscular Dystrophy Campaign

Website: www.muscular-dystrophy.org

Provides dates of upcoming events, basic information, support groups, and the latest news on muscular dystrophy.

Muscular Dystrophy Family Foundation

Phone: (800) 544-1213

Website: www.mdff.org

Provides answers to frequently asked questions, ways that individuals can help, and stories of others with muscular dystrophy. Nationwide telephone service that is dedicated to helping individuals with muscular dystrophy and their loved ones.

MYASTHENIA GRAVIS

Medline Plus – Myasthenia Gravis

Website: www.nlm.nih.gov/medlineplus/myastheniagravis.html

Provides answers to frequently asked questions, information on symptoms and various treatments, and links to other related sites.

Myasthenia Gravis Association

Website: www.mgauk.org

Provides information, dates of upcoming events, the latest in news and research, and ways to contact others who suffer from this disease.

Myasthenia Gravis Fact Sheet

Website: www.ninds.nih.gov/health_and_medical/pubs/myasthenia_gravis.htm

Provides a quick and easy way to get answers to frequently asked questions.

Myasthenia Gravis Foundation of America

Phone: (800) 541-5454

WI Chapter Phone Number: (262) 938-9800

Website: www.myasthenia.org

Provides services for patients, background information and education, the latest in research and news stories, and local chapters for support.

Myasthenia Gravis Links

Website: <http://pages.prodigy.net/stanley.way/myasthenia>

Provides an index to Myasthenia Gravis links.

PARALYSIS

Canine Companions for Independence

Website: www.caninecompanions.org

A nonprofit organization that works to enhance the lives of people with disabilities by providing highly trained assistance dogs.

Christopher & Dana Reeve Paralysis Resource Center

Phone: (800) 539-7309

Website: www.paralysis.org

Provides ideas for active living, a kids' zone, rehabilitation and recent research.

Christopher Reeve Paralysis Foundation

Phone: (800) 225-0292

Website: www.christopherreeve.org

Provides information of different research programs and a link to the Paralysis Resource Center.

Cure Paralysis Now

Website: www.cureparalysis.org

Provides answers to frequently asked questions, the latest in news and research, a chat and comment forum, and links to related sites.

International Wheelchair Aviators

Website: www.wheelchairaviators.org

A worldwide organization of disabled and able bodied pilots.

Paralysis Resource Center

Phone: (800) 539-7309

Nationwide telephone service that is dedicated to informing and educating individuals about paralysis.

Paralyzed Veterans of America

Phone: (800) 424-8200

This is a nationwide telephone service that is committed to helping veterans that are paralyzed.

PARKINSON'S DISEASE

American Parkinson Disease Association

Website: www.apdaparkinson.org

Provides background information, local chapter locations, current events, access to publications and videos, a downloadable booklet, and links to other related sites.

Madison Area Parkinson Support Group

Phone: (608) 238-9211 or (608) 263-7991

This is a support group that is held in Madison at Asbury United Methodist Church for individuals who have had their lives touched by Parkinson Disease.

(The) National Parkinson Foundation, Inc.

Phone: (800) 433-7022

Website: www.parkinson.org

Provides answers to common question from doctors, dates of upcoming events, a link to find a doctor in your area, and a caregiver's forum.

Parkinson's Disease Foundation

Phone: (800) 457-6676

Website: www.pdf.org

Provides answers to frequently asked questions, stories from other Parkinson's disease patients, news from the Parkinson's community, and links to related sites.

Parkinson's Disease Resource Center

Website: www.healingwell.com/parkinsons

Provides information and educational materials, access to a community of Parkinson's patients, updated news, an online bookstore, and a quarterly newsletter.

Stoughton Parkinson Support Group

Phone: (608) 873-8585

Contact: Hollee Cesar

This is a support group that is held in Stoughton and is dedicated to helping those with Parkinson Disease cope.

Sun Prairie Parkinson Support Group

Phone: (608) 837-4611

Contact: Lin Aumann

This is a support group that is held in Sun Prairie at the Colonial Club for individuals and their family members / friends that have been touched by Parkinson Disease.

Wisconsin Parkinson's Association

Phone: (800) 972-5455

This is a statewide telephone service that is intended to help and support those who have Parkinson's Disease or are close to someone that does.

World Parkinson Disease Association

Website: www.wpda.org

Provides information, links to publications and articles, a news archive and links to related sites.

SPINAL CORD INJURY

Canine Companions for Independence

Website: www.caninecompanions.org

A nonprofit organization that works to enhance the lives of people with disabilities by providing highly trained assistance dogs.

Christopher & Dana Reeve Paralysis Resource Center

Website: www.paralysis.org

Provides ideas for active living, a kids' zone, rehabilitation and recent research.

Christopher Reeve Paralysis Foundation

Phone: (800) 225-0292

Website: www.christopherreeve.org

This is a nationwide service that was founded by Christopher Reeves and is intended to help educate and support those that suffer from paralysis. Provides information of different research programs and a link to the Paralysis Resource Center.

Community Resources for Independence

Website: www.crinet.org

A community-based, nonprofit, nonresidential organization that offers services and assistance to enable people with disabilities to expand their options, pursue their goals, and achieve and maintain self-sufficient and productive lives.

Cure Paralysis Now

Website: www.cureparalysis.org

Provides history of spinal cord injury, statistics, views of the spinal cord, answers to frequently asked questions, and Paralysis Net News.

International Wheelchair Aviators

Website: www.wheelchairaviators.org

A worldwide organization of disabled and able bodied pilots.

Madison Spinal Cord Injury Group

Phone: 608-288-0340

Website: www.sci-madison.org

Contact: Monica KamalRossa

Email: info@sci-madison.org or Monica@sci-madison.org

The Madison Spinal Cord Injury Group's objectives are to provide an open forum for discussion on SCI related topics, provide mentoring and awareness, offer adaptive and accessible events & activities for the individual & family, and just have FUN! New members and new sponsors are always welcome.

(The) National Spinal Cord Injury Association

Phone: (800) 962-9629

Website: www.spinalcord.org

Provides news stories, dates of conferences and events, a resource center, and rehabilitation methods.

Paralyzed Veterans of America

Phone: (800) 424-8200

This is a nationwide telephone service that was developed to help educate and support veterans that have been paralyzed.

Spinal Cord Injury Network International

Phone: (800) 548-CORD (2673)

Website: www.sonic.net/~spinal

This is a nationwide telephone service that is dedicated to answering any questions or addressing any concerns that an individual with a spinal cord injury, or their family/friends might have.

Provides Health focus, a Kids corner, links to other sites, recent news stories, and a video lending library.

Spinal Cord Injury Research

Website: <http://sci.washington.edu/>

Provides programs and resources for persons with SCI.

Spinal Cord Research Centre

Website: www.scrs.umanitoba.ca

Provides the latest information in new spinal cord injury research.

STROKE

(The) American Heart Association

Website: www.americanheart.org

Provides a search engine for support groups nationally.

American Stroke Association

Website: www.strokeassociation.org

Provides warning signs, stroke care programs, a heart and stroke encyclopedia, etc.

(The) Internet Stroke Center

Website: www.strokecenter.org

Provides types of strokes, warning signs, statistics, and various treatments.

Madison Area Stroke Support Group

Phone: (608) 417-6487

Contact: Louise Joyce

This is a support group that is held at Meriter Hospital and is intended to help educate and comfort individuals who have experienced a stroke.

National Institute of Neurological Disorders & Stroke

Website: www.ninds.nih.gov

Provides neuroscience news, recent studies and news events.

National Stroke Association

Website: www.stroke.org

Provides common symptoms and treatment, professional resource center, stroke prevention, recovery and rehabilitation, etc.

SAFE – Stroke Awareness For Everyone

Website: www.strokesafe.org

A good resource that features email support and message boards for stroke patients and caregivers.

Stroke Help from International Clinical Educators Inc.

Website: www.strokehelp.com

Provides videos, educational workshops, and answers to frequently asked questions.

Stroke Information Directory

Website: www.stroke-info.com

Provides support groups, facts, and links to other resources.

(The) Stroke Network

Website: www.strokenetwork.org

Provides online support groups.

Stroke Survivors International

Website: www.strokesurvivors.org

Provides online stroke support groups and a stroke information library.

Young Adult Stroke Survivors Support Group

Phone: (608) 417-6487

Contact: Louise Joyce

This is a support group that is held at Meriter Hospital and has a purpose to support and educate young adults that have survived a stroke.

STROKE – CHILD & ADOLESCENT

Children's Hemiplegia & Stroke Association

Website: www.chasa.org

A nonprofit support program for families with children suffering from hemiplegia, hemiparesis, and/or pediatric stroke.

Generation S

Website: www.orgsites.com/pa/generation-s

A unique site that offers stroke information and resources for younger stroke survivors.

Pediatric Stroke Network

Website: www.pediatricstrokenetwork.com

A support organization for families with children suffering from stroke.

STUTTERING

Family Village

Website: http://www.familyvillage.wisc.edu/lib_stut.htm

Offers contact information, links to chat with others, and links to learn more about information and resources related to stuttering.

The Stuttering Foundation of America

Phone: (800) 992-9392 or (901) 452-7343

Location: P.O. Box 11749, 3100 Walnut Grove Road #603, Memphis, TN 38111

Website: <http://www.stuttersfa.org/>

The Stuttering Foundation provides free online resources, services and support to those who stutter and their families, as well as support for research into the causes of stuttering. They are the largest nonprofit charitable organization in the world working towards the prevention and improved treatment of stuttering, reaching over a million people annually. They also offer extensive educational programs on stuttering for professionals.

SUICIDE

American Foundation of Suicide Prevention

Website: www.afsp.org

Provides many dates of upcoming events, information about suicide, survivor stories, and answers to frequently asked suicide questions.

American Association of Suicidology

Website: www.suicidology.org

Provides information about suicide, a crisis center, methods to prevent it, recent research findings, and support group listings.

HOPES – Helping Others Prevent & Educate about Suicide

Website: www.hopes-wi.org

Provides stories from others that have attempted, information on where to get help, and strategies for prevention.

National Suicide Crisis Hotline

Phone: (800) SUICIDE or (800) 784-2433

This is a nationwide crisis helpline that is dedicated to helping individuals with suicidal tendencies or family and friends that are concerned about a loved one.

S.A.V.E. Suicide Awareness – Voices of Education

Website: www.save.org

Emergency Helpline: 1-800-784-2433

Provides an emergency helpline, the basics of suicide and depression, how to prevent suicide, and also coping with a loss.

S.P.A.N. Suicide Prevention Action Network

Website: www.spanusa.org

Provides dates of upcoming events, ways to get involved, and a monthly newsletter.

Wisconsin Suicide and Mental Health Helpline

Phone: (608) 280-2600

This is a Madison-area helpline that is intended to help individuals who are considering suicide, or friends who need advice about a person who is suicidal.

WEIGHT CONTROL

Diettalk.com

Website: www.diettalk.com

Provides forums and chats to connect with others trying to lose weight as well as links to other sites.

Do-It

Website: www.doithome.com/recipe_o.html

Provides a way to evaluate your favorite recipe for healthiness.