

### **Self Help Groups**

**Employee Assistance Program-** is a confidential counseling and referral service provided as benefit by UCMC. The benefit is available to you and your family members whom you live including domestic partners.

To schedule an appointment call 513-585-6100 Monday through Friday 8am to 4pm.

If you have an emergency, contact 513-585-6100 24 hours per day.

**Alcoholics Anonymous (AA)-** For those with alcohol problems are Answered 24 hours a day / 7 days a week. Hotline (513) 351-0422

**Families of Alcoholics (ALA-non)-** to speak with an Al-Anon Member about our program, please call the referral answering service at (513) 947-3700.

**Gamblers 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 a gambling problem. Hotline Number: 855-2CALLGA (855-222-5542)

**Families of Gamblers- Gam-Anon® International Service Office, Inc.,** serving the community of international meetings of the Gam-Anon Family Groups. Gam-Anon has created this website to provide information for the general public and professional community about problem (compulsive) gambling and its financial and emotional affects on the gamblers' families and loved ones. Hotline 718-352-1671  
email: [gamanonoffice@gam-anon.org](mailto:gamanonoffice@gam-anon.org)

**Over Eaters Anonymous-** offers a program of recovery from compulsive eating using the [Twelve Steps](#) and [Twelve Traditions](#) of OA. Worldwide meetings and [other tools](#) provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions. Hotline 505-891-2664

**Suicide Prevention-** If you are suicidal, have attempted suicide, or are a suicide survivor, you will find help, hope, comfort, understanding, support, love, and extensive resources here. If you are not in immediate danger because of thoughts of suicide, but need someone to talk with about your suicidal feelings, please do not hesitate to call one of the following national suicide prevention lines:

1-800-SUICIDE (1-800-784-2433)

1-800-273-TALK (1-800-273-8255)

Cincinnati Crisis Care Center 24 hours / 7 days (513) 281-CARE (2273)

If you do not see a service listed for you please contact 211 and they will assist you in finding support for you.