



SELFCARESQUARED®
Your Way To Wellness

January 2026 Resources

Self-Help Groups

1. **Alcoholics Anonymous (AA)** - A worldwide fellowship for those struggling with alcohol addiction, providing support through meetings and online resources.
2. **Narcotics Anonymous (NA)** - A support group for individuals recovering from drug addiction, offering a 12-step program and community support.
3. **SMART Recovery** - An alternative to traditional 12-step programs, focusing on self-empowerment and cognitive-behavioral techniques for overcoming addiction.
4. **Al-Anon Family Groups** - A support network for families and friends of individuals struggling with alcoholism, offering shared experiences and support.
5. **National Alliance on Mental Illness (NAMI)** - Provides support groups and educational resources for individuals living with mental illness and their families.
6. **Depression and Bipolar Support Alliance (DBSA)** - Offers peer-led support groups for individuals coping with depression or bipolar disorder.
7. **The Anxiety and Depression Association of America (ADAA)** - Provides resources and support groups for those struggling with anxiety and depression.
8. **GriefShare** - A support group for individuals grieving the loss of a loved one, offering compassion and resources for healing.
9. **Weight Watchers (WW)** - A program focused on healthy eating and lifestyle changes, offering support groups to help members achieve weight loss goals.
10. **Chronic Pain Anonymous** - A support group for individuals dealing with chronic pain, focusing on healing and recovery strategies.
11. **RSD Foundation** - A support organization for individuals suffering from Reflex Sympathetic Dystrophy (RSD) or Complex Regional Pain Syndrome (CRPS), providing resources, education, and community support to enhance understanding and management of these chronic pain conditions.



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Top Hospitals in the United States

1. **Mayo Clinic (Rochester, MN)**

- Renowned for its comprehensive care and research, the Mayo Clinic is a leader in patient-centered care across various medical specialties. [Visit Mayo Clinic](<https://www.mayoclinic.org/>)

2. **Cleveland Clinic (Cleveland, OH)**

- Known for its cardiovascular care, Cleveland Clinic offers a wide range of services and innovative treatments. [Visit Cleveland Clinic](<https://my.clevelandclinic.org/>)

3. **Johns Hopkins Hospital (Baltimore, MD)**

- A leader in medical research and education, Johns Hopkins excels in multiple specialties, including neurology and psychiatry. [Visit Johns Hopkins Hospital](https://www.hopkinsmedicine.org/johns_hopkins_hospital/)

4. **Massachusetts General Hospital (Boston, MA)**

- One of the oldest hospitals in the U.S., it is recognized for its high-quality patient care and extensive research. [Visit Massachusetts General Hospital](<https://www.massgeneral.org/>)

5. **UCLA Medical Center (Los Angeles, CA)**

- Offers specialized care and has been recognized as one of the top hospitals in the country, especially in geriatric care and cancer treatment. [Visit UCLA Medical Center](<https://www.uclahealth.org/>)

6. **New York-Presbyterian Hospital (New York, NY)**

- Provides comprehensive services with a focus on cardiac care, cancer treatment, and women's health. [Visit New York-Presbyterian Hospital](<https://www.nyp.org/>)

7. **Houston Methodist Hospital (Houston, TX)**

- Known for its innovative approach to care, particularly in the areas of cardiology and orthopedic surgery. [Visit Houston Methodist Hospital](<https://www.houstonmethodist.org/>)

8. **Northwestern Memorial Hospital (Chicago, IL)**

- Offers leading-edge care and is known for its work in cardiology and gastroenterology. [Visit Northwestern Memorial Hospital](<https://www.nm.org/>)

9. **Jackson Memorial Hospital (Miami, FL)**



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- As one of the largest hospitals in the United States, Jackson Memorial Hospital is renowned for its exceptional patient care and comprehensive services. It is a major academic medical center and offers a wide range of specialized services, including trauma care, transplant services, and comprehensive cancer care. Affiliated with the University of Miami, it focuses on education and research while providing high-quality medical care to a diverse community. [Visit Jackson Memorial Hospital](<http://www.jmh.org/>)

10. **Mount Sinai Medical Center (Miami Beach, FL)**

- Founded in 1949, Mount Sinai Medical Center is Florida's largest private, independent, not-for-profit teaching hospital. It is known for its commitment to high-quality healthcare and its expertise across multiple specialties, including cardiology, orthopedics, urology, and oncology. Mount Sinai is affiliated with Columbia University, which enhances its innovative treatment options and research capabilities. The hospital prides itself on patient-centric care, offering easy access to emergency services and a diverse network of specialists. [Visit Mount Sinai Medical Center](<https://www.msmc.com/>)

11. **Dana-Farber Cancer Institute (Boston, MA)**

- Dana-Farber Cancer Institute is a world-renowned cancer treatment and research center dedicated to fighting cancer and providing comprehensive care for patients. Known for its groundbreaking research, the institute offers cutting-edge therapies and clinical trials across various cancer types. Dana-Farber collaborates closely with Brigham and Women's Hospital to provide patients with access to a wide range of specialists and support services, making it a leading institution in cancer prevention, diagnosis, and treatment. [Visit Dana-Farber Cancer Institute](<https://www.dana-farber.org/>)