

2009 Toll-Free Numbers for Health Information

These selected toll-free numbers for organizations provide health-related information, education, and support. These organizations DO NOT diagnose or recommend treatment for any disease. Some of the organizations use recorded messages; others provide personalized counseling and referrals. Most offer educational materials; some charge handling fees.

Organizations that provide crisis assistance are listed under the heading of Crisis Intervention. The Rare Disorders category includes diseases and disorders that affect less than 1 percent of the population at any given time. Groups in the Professional Organizations section offer consumer information.

Unless otherwise stated, numbers listed operate on eastern standard time and can be reached within the continental United States 24 hours a day, 7 days a week. Numbers that observe eastern daylight saving time (when in effect) are annotated as "(Eastern time)."

Inclusion of an information source in this publication does not imply endorsement by the U.S. Department of Health and Human Services.

This document is available from the Internet at <http://www.health.gov/NHIC/Pubs/>. To order printed copies of this publication, contact the Office of Disease Prevention and Health Promotion (ODPHP) Communication Support Center, P.O. Box 37366, Washington, DC 20013-7366; fax (301) 468-3028.

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Office of Disease Prevention
and Health Promotion
U.S. Department of Health
and Human Services



2009 Toll-Free Numbers

for Health Information



ADOPTION

AdoptUSKids

(888) 200-4005

Bethany Christian Services

(800) 238-4269 (Crisis Hotline)

Child Welfare Information Gateway

(800) 394-3366

National Adoption Center

(800) TO-ADOPT (862-3678)

AGING

American Health Assistance Foundation

(800) 437-2423

9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Caring Connections

(A program of the National Hospice and Palliative Care Organization)

(800) 658-8898 (Helpline)

9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Eldercare Locator

(800) 677-1116

9:00 a.m.–8:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

National Institute on Aging Information Center

(800) 222-2225

8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

AIDS/HIV

AIDS Info

(800) 448-0440

(888) 480-3739 (TTY)

12:00 p.m.–5:00 p.m., Monday–Friday (Eastern time)

CDC INFO

(800) CDC-INFO (232-4636) (English/Spanish)

(888) 232-6348 (TTY)

CDC National Prevention Information Network

(800) 458-5231 (English/Spanish)

(800) 243-7012 (TTY)

(888) 282-7681 (Fax)

9:00 a.m.–8:00 p.m., Monday–Friday (Eastern time)

Project Inform HIV/AIDS Treatment Hotline

(800) 822-7422

10:00 a.m.–4:00 p.m., Monday–Friday (Pacific time)

ALCOHOL ABUSE

See also *Drug Abuse*

AdCARE Hospital Helpline

(800) 252-6465

Al-Anon Family Group Headquarters

(888) 4AL-ANON (425-2666)

8:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

Alcohol and Drug Helpline

(800) 821-4357

24 hours a day, 7 days a week, 365 days a year

American Council on Alcoholism

(800) 527-5344

10:00 a.m.–6:00 p.m., Monday–Friday; 12:00 p.m.–6:00 p.m., Saturday (Mountain time)

Calix Society

(800) 398-0524

9:00 a.m.–4:00 p.m., Monday–Friday (Central time)

National Council on Alcoholism and Drug Dependence, Inc.

(800) NCA-CALL (622-2255)

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SAMHSA's National Clearinghouse for Alcohol and Drug Information

(800) 729-6686
(800) 662-4357 (Treatment Referral)
(877) 767-8432 (Spanish)
(800) 487-4889 (TDD)

ALLERGY/ASTHMA

See *LUNG DISEASE/ASTHMA/ALLERGY*

America Academy of Allergy, Asthma and Immunology

(800) 822-2762

Asthma and Allergy Foundation of America

(800) 7-ASTHMA (727-8462)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Food Allergy and Anaphylaxis Network

(800) 929-4040
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Jewish Medical and Research Center

(800) 222-5864 (LUNG LINE)
8:30 a.m.–4:30 p.m., Monday–Friday (Central time)

ALZHEIMER'S DISEASE

See also *AGING*

Alzheimer's Association Helpline

(800) 272-3900
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Alzheimer's Disease Education and Referral Center

(800) 438-4380
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

ARTHRITIS

Arthritis Foundation

(800) 283-7800

Arthritis National Research Foundation

(800) 588-2873
8:00 a.m.–4:00 p.m., Monday–Friday (Pacific time)

Lyme Disease Foundation, Inc.

(800) 886-5963

National Institute of Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse

(877) 226-4267
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

AUDIOVISUALS

See *LIBRARY SERVICES*

AUTISM

See *CHILD DEVELOPMENT/PARENTING*

AUTOIMMUNE DISEASES

American Autoimmune Related Diseases Association, Inc.

(800) 598-4668

National Institute of Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse

(877) 226-4267
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

2009 Toll-Free Numbers

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BLINDNESS

See *VISION*

BONE DISEASE

National Osteoporosis Foundation

(800) 231-4222

8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Osteoporosis and Related Bone Diseases~National Resource Center

(800) 624-2663

8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

BONE MARROW

See also *CANCER*

Aplastic Anemia and MDS International Foundation, Inc.

(800) 747-2820

8:30 a.m.–4:30 p.m., Monday–Friday (Eastern time)

National Bone Marrow Transplant Link

(800) LINK-BMT (546-5268)

8:30 a.m.–4:30 p.m., Monday–Friday (Eastern time)

National Marrow Donor Program®

(800) MARROW-2 (627-7692)

8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

BRAIN TUMORS

American Brain Tumor Association

(800) 886-2282

8:30 a.m.–5:00 p.m., Monday–Friday (Central time)

Brain Tumor Society

(800) 770-TBTS (770-8287)

9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Children's Brain Tumor Foundation

(866) 228-HOPE (228-4673)

9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Brain Tumor Foundation

(800) 934-CURE (934-2873)

9:00 a.m.–5:00 p.m., Monday–Friday (Pacific time)

CANCER

American Cancer Society

(800) 227-2345 (Voice/TDD/TTY)

American Institute for Cancer Research

(800) 843-8114

8:30 a.m.–9:30 p.m., Monday–Thursday; 8:30 a.m.–6:00 p.m., Friday (Eastern time)

Breast Cancer Network of Strength

(800) 221-2141 (English)

(800) 986-9505 (Spanish)

Cancer Hope Network

(877) HOPENET (467-3638)

8:00 a.m.–5:30 p.m., Monday–Friday (Eastern time)

Candlelighters Childhood Cancer Foundation

(800) 366-2223

9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Kidney Cancer Association

(800) 850-9132

9:00 a.m.–5:00 p.m., Monday–Friday (Central time)

National Bone Marrow Transplant Link

(800) LINK-BMT (546-5268)

8:30 a.m.–4:30 p.m., Monday–Friday (Eastern time)

National Cancer Institute's Cancer Information Service

(800) 4-CANCER (422-6237)

(800) 332-8615 (TTY)

9:00 a.m.–4:30 p.m., Monday–Friday, except Federal holidays (Eastern time)

2009 Toll-Free Numbers

for Health Information



National Marrow Donor Program®

(800) MARROW-2 (627-7692)
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

Susan G. Komen for the Cure

(877) 465-6636
9:00 a.m.–5:00 p.m., Monday–Friday (Central time)

Us TOO International Prostate Cancer Education and Support Network

(800) 808-7866
9:00 a.m.–5:00 p.m., Monday–Friday (Central time)

CEREBRAL PALSY

See *RARE DISORDERS*

CHEMICAL PRODUCTS/PESTICIDES

See also *HOUSING*

National Pesticide Information Center

(800) 858-7378 (TDD capability)
6:30 a.m.–4:30 p.m., 7 days a week (Pacific time)

CHILD ABUSE/MISSING CHILDREN/ CHILDREN'S MENTAL HEALTH

Child Find of America, Inc.

(800) I-AM-LOST (426-5678)
(800) A-WAY-OUT (292-9688) (Parental abduction)
9:00 a.m.–4:00 p.m., Monday–Friday (Eastern time)

Childhelp USA®

National Child Abuse Hotline
(800) 4-A-CHILD (422-4453)

Child Welfare Information Gateway

(800) 394-3366
8:00 a.m.–5:30 p.m., Monday–Friday (Eastern time)

Covenant House Neline

(800) 999-9999

Girls & Boys Town National Hotline

(800) 448-3000
(800) 448-1833 (TDD)
Spanish-speaking operators are available.

National Center for Missing & Exploited Children®

(800) THE-LOST (843-5678)
(877) 446-2632 (Voice Mail)

National Institute of Mental Health Resource Information Center

(866) 615-6464
(866) 415-8051 (TTY)
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

National Runaway Switchboard

(800) RUNAWAY (786-2929)
(800) 621-0394 (TDD)
Has access to AT&T Language Line

CHILD DEVELOPMENT/PARENTING

Back to Sleep SIDS Information Campaign

Eunice Kennedy Shriver National Institute of Child Health and Human Development
(800) 505-CRIB (505-2742)
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

Eunice Kennedy Shriver National Institute of Child Health and Human Development Information Resource Center

(800) 370-2943
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

Human Growth Foundation

(800) 451-6434
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

MAGIC Foundation for Children's Growth

(800) 362-4423
9:00 a.m.–4:00 p.m., Monday–Friday (Central time)

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National Association for the Education of Young Children

(800) 424-2460
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Lekotek Center

(800) 366-7529
9:00 a.m.–5:00 p.m., Monday–Friday (Central time)

National Organization on Fetal Alcohol Syndrome

(800) 66-NOFAS (666-6327)
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

Starlight Children's Foundation

(800) 274-7827
8:00 a.m.–5:00 p.m., Monday–Friday (Pacific time)

Zero to Three: National Center for Infants, Toddlers and Families

(800) 899-4301
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

CHRONIC FATIGUE SYNDROME

See *RARE DISORDERS*

CRISIS INTERVENTION

All operate 24 hours/7 days a week.

A-WAY-OUT

(800) 292-9688

Provides unique crisis mediation program for parents contemplating abduction of their children, or who have already abducted their children and want to use Child Find Volunteer Family Mediators to resolve their custody dispute.

Childhelp USA®

National Child Abuse Hotline
(800) 4-A-CHILD (422-4453)

Provides multilingual crisis intervention on child abuse and domestic violence issues. Gives referrals to local agencies offering counseling and other services related to child abuse, adult survivor issues, and domestic violence. Provides literature on child abuse in English and Spanish. Calls are anonymous, toll-free, and counselors are paid, degreed professionals.

Covenant House Nineline

(800) 999-9999

Crisis line for youth, teens, and families. Locally based referrals throughout the United States. Help for youth and parents regarding drugs, abuse, homelessness, runaway children, and message relays.

Girls & Boys Town National Hotline

(800) 448-3000
(800) 448-1833 (TDD)

Provides short-term intervention and counseling and refers callers to local community resources. Counsels on parent-child conflicts, family issues, suicide, pregnancy, runaway youth, physical and sexual abuse, and other issues that impact children and families. Spanish-speaking operators are available.

National Center for Missing & Exploited Children®

(800) THE-LOST (843-5678)
(877) 446-2632 (Voice Mail)

The National Center for Missing & Exploited Children's® mission is to help prevent child abduction and sexual exploitation; help find missing children; and assist victims of child abduction and sexual exploitation, their families, and the professionals who serve them.

National Runaway Switchboard

(800) RUNAWAY (786-2929)
(800) 621-0394 (TDD)

Provides crisis intervention and travel assistance information to runaways. Gives referrals to shelters nationwide. Also relays messages to, or sets up conference calls with, parents at the request of the child. Has access to AT&T Language Line.

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National Suicide Prevention Lifeline

(800) 273-TALK (273-8255)
(800) 799-4TTY (799-4889) (TTY)
(888) 628-9454 (Spanish)

The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service that routes calls from anywhere in the country to the nearest available certified crisis center where trained crisis counselors talk to callers and can link them to local services.

Rape, Abuse, and Incest National Network

(800) 656-4673

Connects caller to the nearest counseling center that provides counseling for rape, abuse, and incest victims.

CYSTIC FIBROSIS

See *RARE DISORDERS*

DIABETES/DIGESTIVE DISEASES

American Association of Diabetes Educators

(800) 338-3633
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

American Diabetes Association

(800) 342-2383
(800) ADA-ORDER (232-6733) (Fax, Order Fulfillment)
8:30 a.m.–8:00 p.m., Monday–Friday (Eastern time)

Crohn's and Colitis Foundation of America, Inc.

(800) 932-2423
(800) 343-3637 (Warehouse)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Juvenile Diabetes Research Foundation

(800) 533-CURE (533-2873)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Diabetes Information Clearinghouse

(800) 860-8747
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Digestive Diseases Information Clearinghouse

(800) 891-5389
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

DISABLING CONDITIONS/DISABILITIES ACCESS

Americans with Disabilities Act Information Line

(800) 514-0301
(800) 514-0383 (TTY)
9:30 a.m.–5:30 p.m., Monday–Wednesday and Friday;
12:30 p.m.–5:30 p.m., Thursday, except Federal holidays (Eastern time)
Spanish-speaking operators are available.

Amputee Coalition of America

National Limb Loss Information Center
(888) AMP-KNOW (267-5669)
8:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Children's Craniofacial Association

(800) 535-3643
9:00 a.m.–5:00 p.m., Monday–Friday (Central time)

DBTAC: Mid-Atlantic Americans with Disabilities Act Center

(800) 949-4232 (Voice/TTY)
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

Easter Seal Society

(800) 221-6827
8:30 a.m.–5:00 p.m., Monday–Friday (Central time)

FACES: The National Craniofacial Association

(800) 332-2373
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Families of Spinal Muscular Atrophy

(800) 886-1762
7:00 a.m.–3:00 p.m., Monday–Friday (Central time)

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Job Accommodation Network

(800) ADA-WORK (232-9675) (Voice/TTY)
(800) 526-7234 (Voice/TTY)
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)
Services available in English, Spanish, and French.

National Dissemination Center for Children with Disabilities

(800) 695-0285 (Voice/TTY)
9:00 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

National Rehabilitation Information Center

(800) 346-2742
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Scoliosis Association

(800) 800-0669
1:00 p.m.–5:30 p.m., Monday–Friday (Eastern time)

DOWN SYNDROME

See *RARE DISORDERS*

DRINKING WATER SAFETY

Safe Drinking Water Hotline

(800) 426-4791 (English/Spanish)
8:30 a.m.–5:45 p.m., Monday–Thursday, 8:30 a.m.–4:45 p.m., Friday.

DRUG ABUSE

See also *ALCOHOL ABUSE* and *SUBSTANCE ABUSE*

Drug-Free Workplace Helpline

(800) 967-5752
9:00 a.m.–5:30 p.m., Monday–Friday (Eastern time)

Drug Help

(800) 488-DRUG (488-3784)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Drug Policy Information Clearinghouse

White House Office of National Drug Control Policy
(800) 666-3332
10:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

Housing and Urban Development Drug Information and Strategy Clearinghouse

(800) 955-2232
8:00 a.m.–8:00 p.m., Monday–Friday (Eastern time)

Pride Surveys

(800) 279-6361
8:30 a.m.–4:00 p.m., Monday–Friday (Central time)

PRIDE Youth Programs

(800) 668-9277
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

SAMHSA's National Clearinghouse for Alcohol and Drug Information

(800) 729-6686
(800) 662-4357 (Treatment Referral)
(877) 767-8432 (Spanish)
(800) 487-4889 (TDD)

DWARFISM

Human Growth Foundation

(800) 451-6434
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

DYSLEXIA

See *LEARNING DISORDERS*

ENDOMETRIOSIS

See *WOMEN*

ENVIRONMENT

Environmental Justice Information Line

U.S. Environmental Protection Agency
(800) 962-6215 (English/Spanish)
8:00 a.m.–5:30 p.m., Monday–Friday (Eastern time)

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Indoor Air Quality Information Clearinghouse

(800) 438-4318

EPILEPSY

See *RARE DISORDERS*

ESSENTIAL TREMOR

International Essential Tremor Foundation

(888) 387-3667

8:00 a.m.–4:30 p.m., Monday–Friday (Central time)

ETHICS

Joseph and Rose Kennedy Institute of Ethics

National Reference Center for Bioethics Literature
(800) 633-3849

9:00 a.m.–5:00 p.m., Monday, Wednesday, Thursday, Friday (academic year only); 9:00 a.m.–9:00 p.m., Tuesday; 12:00 noon.–5:00 p.m., Saturday, except summers and holidays. 9:00 a.m.–5:00 p.m. during the summer.

FIRE PREVENTION

National Fire Protection Association

(800) 344-3555 (Customer Service)

9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

FITNESS

Aerobics and Fitness Foundation of America

(800) 968-7263 (Consumer Hotline)

(800) 446-2322 (For Professionals)

6:30 a.m.–6:00 p.m., Monday–Friday (Pacific time)

American Council on Exercise

(800) 825-3636

7:00 a.m.–5:00 p.m., Monday–Friday (Pacific time)

American Running Association

(800) 776-2732

9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Shaping America's Youth®

(800) SAY-9221 (729-9221)

TOPS (Taking Off Pounds Sensibly) Club, Inc.

(800) 932-8677

8:00 a.m.–4:30 p.m., Monday–Friday (Central time)

Weight Control Information Network

National Institute of Diabetes and Digestive and Kidney Diseases

(877) 946-4627

8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

YMCA of the USA

(800) 872-9622

8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

FOOD SAFETY

Center for Food Safety and Applied Nutrition

(888) SAFEFOOD (723-3366)

10:00 a.m.–4:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

U.S. Department of Agriculture Meat and Poultry Hotline

(888) MPHOTline (674-6854)

(800) 256-7072 (TTY)

10:00 a.m.–4:00 p.m., Monday–Friday; 8:00 a.m.–2:00 p.m. on Thanksgiving (Eastern time)

U.S. Fish & Wildlife Service

(800) 344-WILD (344-9453)

8:00 a.m.–8:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

2009 Toll-Free Numbers

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GAY, LESBIAN, BISEXUAL, TRANSGENDER HEALTH

Gay, Lesbian, Bisexual, and Transgender Helpline

(888) 340-4528
6:00 p.m.–11:00 p.m., 7 days a week (Eastern time)

Gay, Lesbian, Bisexual, and Transgender National Hotline

(888) 843-4564
4:00 p.m.–12:00 a.m., Monday–Friday; 12:00 p.m.–
5:00 p.m., Saturday (Eastern time)

Lambda Legal Defense and Education Fund

(866) 542-8336 (Foster Care Helpline)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Center for Lesbian Rights

(800) 528-6257 (Youth Legal Information Line)
9:00 a.m.–5:00 p.m., Monday–Friday (Pacific time)

Peer Listening Line

(800) 399-7337
5:30 p.m.–10:00 p.m., 7 days a week (Eastern time)

Trevor Helpline

(866) 4-U-TREVOR (488-7386)

GENERAL HEALTH

Agency for Healthcare Research and Quality Clearinghouse

(800) 358-9295
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal
holidays (Eastern time)

American Chiropractic Association

(800) 986-4636
8:30 a.m.–5:30 p.m., Monday–Friday (Eastern time)

American Osteopathic Association

(800) 621-1773
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

American Podiatric Medical Association, Inc.

(800) ASK-APMA (275-2762)

Angel Flight Mid-Atlantic

(800) 296-3797
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Health Resources and Services Administration Information Center

(888) ASK-HRSA (275-4772)
(877) 4TY-HRSA (489-4772) (TTY/TDD)
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

MediAlert Foundation International

(800) ID ALERT (432-5378)

National Center for Complementary and Alternative Medicine Clearinghouse

(888) 644-6226
(866) 464-3615 (TTY)
(866) 464-3616 (Fax)
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal
holidays (Eastern time)

National Health Information Center

(800) 336-4797
9:00 a.m.–5:30 p.m., Monday–Friday, except Federal
holidays (Eastern time)

National Health Service Corps

(800) 221-9393 Scholarships/Loan Repayment & Job
Opportunities in Underserved Areas
9:00 a.m.–5:30 p.m., Monday–Friday (Eastern time)

National Hispanic Family Health Helpline

(866) SU-FAMILIA (783-2645)
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

National Patient Travel Helpline

(800) 296-1217
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

U.S. Food and Drug Administration

(800) 332-1088 (MedWatch)
(888) 463-6332 (Consumer Inquiries)

2009 Toll-Free Numbers

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Well Spouse Association

(800) 838-0879
10:00 a.m.–3:00 p.m., Monday–Friday (Eastern time)

GENETIC DISEASES

Genetic Alliance

(800) 336-4363
9:00 a.m.–5:30 p.m., Monday–Friday (Eastern time)

Genetic and Rare Diseases Information Center

(888) 205-2311
(888) 205-3223 (TTY)
12:00 p.m.–6:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

March of Dimes Birth Defects Foundation

(888) 663-4637
(800) 925-1855 (Spanish)

HEADACHE/HEAD INJURY

American Headache Society

(800) 255-ACHE (255-2243)
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Brain Injury Information Center

(800) 444-6443
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Headache Foundation

(888) 643-5552
9:00 a.m.–5:00 p.m., Monday–Friday (Central time)

HEALTHY WEIGHT/WEIGHT LOSS

Shaping America's Youth[®]

(800) SAY-9221 (729-9221)

TOPS (Taking Off Pounds Sensibly) Club, Inc.

(800) 932-8677
8:00 a.m.–4:30 p.m., Monday–Friday (Central time)

Weight Control Information Network

National Institute of Diabetes and Digestive and Kidney Diseases
(877) 946-4627
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

HEARING AND SPEECH

American Society for Deaf Children

(800) 942-ASDC (942-2732)

American Speech-Language-Hearing Association

(800) 638-8255
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Dial A Hearing Screening Test (Occupational Hearing Services)

(800) 222-3277 (Voice/TTY)
9:00 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

Hear Now

(800) 648-4327 (Voice/TDD)
8:00 a.m.–4:00 p.m., Monday–Friday (Mountain time)

International Hearing Society

(800) 521-5247
8:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

John Tracy Clinic

(800) 522-4582 (Voice/TDD)
8:00 a.m.–4:00 p.m., Monday–Friday (Pacific time)

National Consortium on Deaf-Blindness

(800) 438-9376
(800) 854-7013 (TTY)
9:00 a.m.–4:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

National Family Association for Deaf-Blind

(800) 255-0411 (Voice/TTY)
8:45 a.m.–4:30 p.m., Monday–Friday (Eastern time)

2009 Toll-Free Numbers

for Health Information



National Institute on Deafness and Other Communication Disorders Information Clearinghouse

(800) 241-1044
(800) 241-1055 (TTY)
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

Vestibular Disorders Association

(800) 837-8428
8:00 a.m.–5:00 p.m., Monday–Friday (Pacific time)

HEART DISEASE

American Heart Association

(800) 242-8721
24 hours a day, 7 days a week, 365 days a year

Heart Information Service

(800) 292-2221 (English/Spanish)
8:00 a.m.–4:00 p.m., Monday–Friday (Central time)

National Heart, Lung, and Blood Institute Health Information Line

(800) 575-9355 (Recorded High Blood Pressure and Cholesterol Information)

HISTIOCYTOSIS

See *RARE DISORDERS*

HORMONAL DISORDERS

American Thyroid Association

(800) 849-7643

Hormone Foundation

(800) HORMONE (467-6663)
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

HOSPITAL/HOSPICE CARE

Caring Connections

(A program of the National Hospice and Palliative Care Organization)
(800) 658-8898 Helpline
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Children's Hospice International

(800) 242-4453
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Hill-Burton Free Medical Care Program

(800) 638-0742
(800) 492-0359 (in MD)

National Association of Hospital Hospitality Houses, Inc.

(800) 542-9730
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Shriners Hospital for Children Referral Line

(800) 237-5055
8:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

HOUSING

See also *CHEMICAL PRODUCTS/PESTICIDES* and *LEAD*

HUD USER

(800) 245-2691
(800) 927-7589 (TDD)
8:30 a.m.–5:15 p.m., Monday–Friday, except Federal holidays (Eastern time)

Public and Indian Housing Information and Resource Center

(800) 955-2232
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

2009 Toll-Free Numbers

for Health Information



HUNTINGTON'S DISEASE

See *RARE DISORDERS*

IMMUNIZATION

National Center for Immunization and Respiratory Diseases

Centers for Disease Control and Prevention
(800) CDC-INFO (232-4636) (English/Spanish)
(800) 232-6348 (TTY)

IMPOTENCE

American Urological Association Foundation, Inc.

(866) RING-AUA (746-4282)
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

INSURANCE/MEDICARE/MEDICAID

DHHS Inspector General's Hotline

(800) 447-8477
8:00 a.m.–5:30 p.m., Monday–Friday (Eastern time)

Insure Kids Now Hotline

Health Resources and Services Administration
(877) 543-7669
8:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Medicare Issues Hotline

(800) 633-4227
(877) 486-2048 (TTY)
7:30 a.m.–11:00 p.m., Monday–Friday (Eastern time)

Pension Benefit Guaranty Corporation

(800) 400-PBGC (400-7242)
8:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Social Security Administration

(800) 772-1213
7:00 a.m.–7:00 p.m., Monday–Friday (Eastern time)

JUSTICE

National Criminal Justice Reference Service

(800) 851-3420
(877) 712-9279 (TTY)
10:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

KIDNEY DISEASE

See *UROLOGICAL DISORDERS*

LEAD

See *also HOUSING*

National Lead Information Center

(800) 424-5323 (Clearinghouse)
8:00 a.m.–6:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

LEARNING DISORDERS

Children and Adults with Attention Deficit/Hyperactivity Disorders

(800) 233-4050 (English/Spanish)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

International Dyslexia Association

(800) ABCD123 (222-3123)

LIBRARY SERVICES

Captioned Media Program, National Association for the Deaf

(800) 237-6213
(800) 237-6819 (TTY)
(800) 538-5636 (Fax)
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

2009 Toll-Free Numbers

for Health Information



National Library of Medicine

National Institutes of Health
(888) 346-3656
8:30 a.m.–5:00 p.m., Monday–Friday; 8:30 a.m.–2:00 p.m.,
Saturday, except Federal holidays (Eastern time)

National Library Service for the Blind and Physically Handicapped

(800) 424-8567
8:00 a.m.–4:30 p.m., Monday–Friday, except Federal
holidays (Eastern time)

Recording for the Blind and Dyslexic

(800) 221-4792
8:30 a.m.–4:45 p.m., Monday–Friday (Eastern time)

LIVER DISEASES

American Liver Foundation

(800) GO-LIVER (465-4837)
8:00 a.m.–4:00 p.m., Monday–Friday (Central time)

Hepatitis Foundation International

(800) 891-0707
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

LUNG DISEASE/ASTHMA/ALLERGY

American Lung Association

(800) LUNG-USA (586-4872)
7:00 a.m.–9:00 p.m., Monday–Friday (Central time)

Asthma and Allergy Foundation of America

(800) 7-ASTHMA (727-8462)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Jewish Medical and Research Center

(800) 222-5864 (LUNG LINE)
8:30 a.m.–4:30 p.m., Monday–Friday (Central time)

MATERNAL AND CHILD HEALTH

Eunice Kennedy Shriver National Institute of Child Health and Human Development Information Resource Center

(800) 370-2943
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal
holidays (Eastern time)

La Leche League International

(800) La Leche (525-3243)
9:00 a.m.–5:00 p.m., Monday–Friday (Central time)

National Hispanic Prenatal Helpline

(800) 504-7081
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

National Life Center/Pregnancy Hotline

(800) 848-5683

Zero to Three: National Center for Infants, Toddlers and Families

(800) 899-4301
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

MEDICARE/MEDICAID

See *INSURANCE/MEDICARE/MEDICAID*

MENTAL HEALTH

See also *CHILD ABUSE/MISSING CHILDREN/CHILDREN'S MENTAL HEALTH*

Mental Health America Resource Center

(800) 969-6642
(800) 433-5959 (TTY)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Alliance on Mental Illness

(800) 950-6264 Helpline
10:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

National Council on Problem Gambling

(800) 522-4700
9:30 a.m.–5:30 p.m., Monday–Friday (Eastern time)

2009 Toll-Free Numbers

for Health Information



National Gaucher Foundation

(800) 504-3189
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Institute of Mental Health Resource Information Center

(866) 615-6464
(866) 415-8051 (TTY)
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal
holidays (Eastern time)

SAMHSA's National Mental Health Information Center

(800) 789-2647
(866) 889-2647 (TDD)
8:00 a.m.–12:00 a.m., Monday–Friday, except Federal
holidays (Eastern time)

The ARC of the United States

(800) 433-5255
8:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

MINORITY HEALTH

National Hispanic Family Health Helpline

(866) SU-FAMILIA (783-2645)
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

National Hispanic Prenatal Helpline

(800) 504-7081
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

Office of Minority Health Resource Center

(800) 444-6472
9:00 a.m.–5:00 p.m., Monday–Friday, except Federal
holidays (Eastern time)

NUTRITION

American Institute for Cancer Research

(800) 843-8114
8:30 a.m.–9:30 p.m., Monday–Thursday; 8:30 a.m.–
6:00 p.m., Friday (Eastern time)

Center for Food Safety and Applied Nutrition

U.S. Food and Drug Administration
(888) 723-3366 (Seafood line)

National Dairy Council

(800) 426-8271
(800) 974-6455 (Fax)
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

Shaping America's Youth®

(800) SAY-9221 (729-9221)

ORAL HEALTH

American Dental Association

(800) 947-4746 (Catalog Sales and Service)
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

ORGAN DONATION

See also *VISION and UROLOGICAL DISORDERS*

Living Bank

(800) 528-2971
7:30 a.m.–4:30 p.m., Monday–Friday (Central time)

National Marrow Donor Program®

(800) MARROW-2 (627-7692)
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

United Network for Organ Sharing

(888) TXINFO1 (894-6361)
8:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

ORPHAN PRODUCTS

Office of Orphan Products Development

U.S. Food and Drug Administration
(800) 300-7469
8:30 a.m.–4:30 p.m., Monday–Friday (Eastern time)

2009 Toll-Free Numbers

for Health Information



PARALYSIS AND SPINAL CORD INJURY

See also *STROKE*

Christopher and Dana Reeve Foundation

(800) 225-0292
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Rehabilitation Information Center

(800) 346-2742
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Spinal Cord Injury Association

(800) 962-9629
8:30 a.m.–5:30 p.m., Monday–Friday (Eastern time)

Paralyzed Veterans of America

(800) 424-8200
(800) 795-4327 (TTY)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

PARKINSON'S DISEASE

American Parkinson Disease Association

(800) 223-2732
8:30 a.m.–4:30 p.m., Monday–Friday (Eastern time)

National Parkinson Foundation, Inc.

(800) 327-4545
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Parkinson's Disease Foundation

(800) 457-6676
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

PESTICIDES

See *CHEMICAL PRODUCTS/PESTICIDES*

POISON CONTROL

Poison Help Hotline

(800) 222-1222

PRACTITIONER REPORTING

U.S. Pharmacopeia Center for the Advancement of Patient Safety

(800) 233-7767 (Medication Errors)
Staff available 9:00 a.m.–4:30 p.m., Monday–Friday.
Medication error telephone number records information 24 hours a day.

PREGNANCY/MISCARRIAGE

Bradley Method of Natural Childbirth

(800) 422-4784
9:00 a.m.–5:00 p.m., Monday–Friday (Pacific time)

DES Action USA

(800) DES-9288 (337-9288)
9:00 a.m.–3:00 p.m., Monday–Friday (Pacific time)

International Childbirth Education Association

(800) 624-4934 (Book Center orders)
8:30 a.m.–4:00 p.m., Monday–Friday (Central time)

Lamaze International

(800) 368-4404
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Liberty Godparent Home

(800) 542-4453

National Abortion Federation

(800) 772-9100
8:00 a.m.–9:00 p.m., Monday–Friday; 9:00 a.m.–5:00 p.m.,
Saturday–Sunday (Eastern time)

National Hispanic Prenatal Helpline

(800) 504-7081
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

PROFESSIONALS

Alliance for Aging Research

(800) 639-2421
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

2009 Toll-Free Numbers

for Health Information



American Alliance for Health, Physical Education, Recreation and Dance

(800) 213-7193
8:00 a.m.–4:30 p.m., Monday–Friday (Eastern time)

American Association of Critical Care Nurses

(800) 899-2226
7:30 a.m.–4:30 p.m., Monday–Friday (Pacific time)

American Council for the Blind

(800) 424-8666
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

American Counseling Association

(800) 347-6647
8:00 a.m.–4:30 p.m., Monday–Friday (Eastern time)

American Nurses Association

(800) 274-4ANA (274-4262)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

American Occupational Therapy Association

(800) SAY-AOTA (729-2682)
(800) 377-8555 (TDD)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Arthritis National Research Foundation

(800) 588-2873
8:00 a.m.–4:00 p.m., Monday–Friday (Pacific time)

Association for Applied Psychophysiology and Biofeedback

(800) 477-8892
8:00 a.m.–5:00 p.m., Monday–Friday (Mountain time)

Association of periOperative Registered Nurses

(800) 755-2676
7:00 a.m.–4:30 p.m., Monday–Friday (Mountain time)

CDC National Prevention Information Network

(800) 458-5231 (English/Spanish)
(800) 243-7012 (TTY)
(888) 282-7681 (Fax)
9:00 a.m.–8:00 p.m., Monday–Friday (Eastern time)

College of American Pathologists

(800) 323-4040
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

DBTAC: Mid-Atlantic Americans with Disabilities Act Center

(800) 949-4232 (Voice/TTY)
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

Dystonia Medical Research Foundation

(800) 377-3978
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

Federal Emergency Management Agency

(800) 621-FEMA (621-3362)
(800) 480-2520 (Publications)

Federal Information Center, GSA

(800) 688-9889
(800) 326-2996 (TTY)
9:00 a.m.–9:00 p.m., Monday–Friday (Eastern time)

Glaucoma Research Foundation

(800) 826-6693
8:30 a.m.–5:00 p.m., Monday–Friday (Pacific time)

Immune Deficiency Foundation

(800) 296-4433
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

International Childbirth Education Association

(800) 624-4934 (Book Center orders)
8:30 a.m.–4:00 p.m., Monday–Friday (Central time)

International Chiropractors Association

(800) 423-4690
9:00 a.m.–5:30 p.m., Monday–Friday (Eastern time)

Leukemia & Lymphoma Society

(800) 955-4572
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

Lighthouse International

(800) 829-0500
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

2009 Toll-Free Numbers

for Health Information



Medical Institute for Sexual Health

(800) 892-9484 (publication orders only)
8:15 a.m.-5:00 p.m., Monday-Friday (Central time)

National Child Care Information Center, ACF

(800) 616-2242
(800) 516-2242 (TTY)
(800) 716-2242 (Fax)
8:30 a.m.-5:30 p.m., Monday-Friday, except Federal holidays (Eastern time)

National Clearinghouse of Rehabilitation Training Materials

(866) 821-5355
8:00 a.m.-5:00 p.m., Monday-Friday (Mountain time)

National Institute for Occupational Safety and Health Information Inquiry Service

(800) 356-4674
9:00 a.m.-4:00 p.m., Monday-Friday, except Federal holidays (Eastern time)

National Jewish Medical and Research Center

(800) 222-5864 (LUNG LINE)
8:30 a.m.-4:30 p.m., Monday-Friday (Central time)

National Resource Center on Domestic Violence

(800) 537-2238
(800) 553-2508 (TTY)
8:00 a.m.-5:00 p.m., Monday-Friday (Eastern time)

National Technical Information Service

(800) 553-6847
8:00 a.m.-6:00 p.m., Monday-Friday, except Federal holidays (Eastern time)

Prevent Child Abuse America

(800) 244-5373

Research to Prevent Blindness

(800) 621-0026
9:00 a.m.-5:00 p.m., Monday-Friday (Eastern time)

School Nutrition Association

(800) 877-8822
8:30 a.m.-5:30 p.m., Monday-Friday (Eastern time)

RARE DISEASES/DISORDERS*

**A rare disorder is defined as a disorder that affects less than 1 percent of the population at any given time.*

ALS Association (Amyotrophic Lateral Sclerosis, Lou Gehrig's Disease)

(800) 782-4747
7:30 a.m.-4:00 p.m., Monday-Friday (Pacific time)

American Behcet's Disease Association

(800) 723-4238

American Cleft Palate-Craniofacial Association/Cleft Palate Foundation

(800) 242-5338 (Parent Hotline Only)
8:30 a.m.-5:30 p.m., Monday-Friday (Eastern time)

American Leprosy Missions (Hansen's Disease)

(800) 543-3131
8:00 a.m.-5:00 p.m., Monday-Thursday; 8:00 a.m.-12:00 p.m., Friday (Eastern time)

American SIDS Institute

(800) 232-7437
9:00 a.m.-5:00 p.m., Monday-Friday (Eastern time)

Batten Disease Support and Research Association

(800) 448-4570
8:00 a.m.-5:00 p.m., Monday-Friday (Eastern time)

Charcot-Marie-Tooth Association

(800) 606-2682
9:00 a.m.-5:00 p.m., Monday-Friday

Children's Tumor Foundation

(800) 323-7938
9:00 a.m.-5:00 p.m., Monday-Friday (Eastern time)

2009 Toll-Free Numbers

for Health Information



Cooley's Anemia Foundation

(800) 522-7222
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Cornelia de Lange Syndrome Foundation, Inc.

(800) 223-8355
(800) 753-2357 (U.S.)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Cystic Fibrosis Foundation

(800) 344-4823
8:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

Epilepsy Foundation

(800) 332-4050 (National Epilepsy Library)
(800) 332-1000 (Publications)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Epilepsy Information Service

(800) 642-0500 (voice mail after hours)
8:00 a.m.–5:00 p.m.

Fibromyalgia Network

(800) 853-2929
9:00 a.m.–5:00 p.m., Monday–Thursday (Mountain time)

First Candle/SIDS Alliance

(800) 221-7437

Genetic Alliance

(800) 336-4363
9:00 a.m.–5:30 p.m., Monday–Friday (Eastern time)

Genetic and Rare Diseases Information Center

(888) 205-2311
(888) 205-3223 (TTY)
12:00 p.m.–6:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

Histiocytosis Association of America

(800) 548-2758
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Huntington's Disease Society of America, Inc.

(800) 345-4372
9:00 a.m.–9:00 p.m., Monday–Friday (Eastern time)

International Rett Syndrome Association

(800) 818-7388
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Les Turner Amyotrophic Lateral Sclerosis Foundation, Ltd.

(888) ALS-1107 (257-1107)
8:30 a.m.–4:30 p.m., Monday–Friday (Central time)

Lupus Foundation of America

(800) 558-0121
(800) 558-0231 (Spanish)
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

March of Dimes Birth Defects Foundation

(888) 663-4637
(800) 925-1855 (Spanish)

Multiple Sclerosis Association of America

(800) 532-7667 (National Headquarters)
8:30 a.m.–8:00 p.m., Monday–Thursday; 8:30 a.m.–5:00 p.m., Friday (Eastern time)

Multiple Sclerosis Foundation

(888) 673-6287
8:30 a.m.–7:00 p.m., Monday–Friday (Eastern time)

Muscular Dystrophy Association

(800) 572-1717
9:00 a.m.–5:00 p.m., Monday–Friday (Mountain time)

Myasthenia Gravis Foundation

(800) 541-5454
8:30 a.m.–5:00 p.m., Monday–Friday (Central time)

National Down Syndrome Congress

(800) 232-6372
9:00 a.m.–5:30 p.m., Monday–Friday (Eastern time)

National Down Syndrome Society Hotline

(800) 221-4602
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Fragile X Foundation

(800) 688-8765
8:30 a.m.–5:00 p.m., Monday–Friday (Pacific time)

2009 Toll-Free Numbers

for Health Information



National Hansen's Disease Programs

(800) 642-2477
8:00 a.m.–4:30 p.m., Monday–Friday (Central time)

National Hemophilia Foundation

(800) 42-HANDI (424-2634)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)
Summer: 9:00 a.m.–5:00 p.m., Monday–Thursday,
9:00 a.m.–3:00 p.m., Friday (Eastern time)

National Institute of Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse

(877) 226-4267
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

National Jewish Medical and Research Center

(800) LUNG-LINE (222-5864)
8:30 a.m.–4:30 p.m., Monday–Friday (Central time)

National Lymphedema Network

(800) 541-3259
9:00 a.m.–5:00 p.m., Monday–Friday (Pacific time)

National Marfan Foundation

(800) 8-MARFAN (862-7326)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Multiple Sclerosis Society

(800) 344-4867
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Organization for Albinism and Hypopigmentation

(800) 473-2310
(800) 648-2310 (Fax)

National Organization for Rare Disorders

(800) 999-6673
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Reye's Syndrome Foundation

(800) 233-7393
8:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Spasmodic Torticollis Association

(800) 487-8385
9:00 a.m.–5:00 p.m., Monday–Friday (Pacific time)

Neurofibromatosis, Inc.

(800) 942-6825 (Hotline)

Osteogenesis Imperfecta Foundation, Inc.

(800) 981-2663
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Paget Foundation for Paget's Disease of Bone and Related Disorders

(800) 237-2438
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Prader-Willi Syndrome Association

(800) 926-4797
9:00 a.m.–7:00 p.m., Monday–Friday (Eastern time)

Restless Legs Syndrome Foundation

(877) 463-6757
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

Scleroderma Foundation

(800) 722-4673
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Sickle Cell Disease Association of America, Inc.

(800) 421-8453
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

Sjögren's Syndrome Foundation, Inc.

(800) 475-6473
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Spina Bifida Association

(800) 621-3141
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Spondylitis Association of America

(800) 777-8189
8:30 a.m.–5:00 p.m., Monday–Friday (Pacific time)

2009 Toll-Free Numbers

for Health Information



Sturge-Weber Foundation

(800) 627-5482
8:00 a.m.–3:00 p.m., Monday–Friday (Eastern time)

Support Organization for Trisomy 18, 13 and Related Disorders

(800) 716-SOFT (716-7638)

Tourette Syndrome Association, Inc.

(888) 486-8738
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Tuberous Sclerosis Alliance

(800) 225-6872
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Turner Syndrome Society of the United States

(800) 365-9944
8:30 a.m.–4:30 p.m., Monday–Friday (Central time)

United Cerebral Palsy Association

(800) 872-5827
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

United Leukodystrophy Foundation

(800) 728-5483
8:30 a.m.–8:00 p.m., 7 days a week (Central time)

Vasculitis Foundation

(800) 277-9474
8:30 a.m.–5:00 p.m., Monday–Friday (Central time)

Wilson's Disease Association

(888) 264-1450 (voice mail)
9:00 a.m. – 4:00 p.m., Monday–Friday (Eastern time)

REHABILITATION

See also *DISABLING CONDITIONS and PARALYSIS AND SPINAL CORD INJURY*

ABLEDATA

(800) 227-0216
8:30 a.m.–5:30 p.m., Monday–Friday, except Federal holidays (Eastern time)

Amputee Coalition of America

National Limb Loss Information Center
(888) AMP-KNOW (267-5669)
8:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Institute for Rehabilitation Engineering

(800) 736-2216
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Rehabilitation Information Center

(800) 346-2742
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Phoenix Society for Burn Survivors

(800) 888-2876
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

RESTLESS LEGS SYNDROME

See *RARE DISORDERS*

SAFETY

See also *CHEMICAL PRODUCTS/PESTICIDES*

National Institute for Occupational Safety and Health Information Inquiry Service

(800) 356-4674
9:00 a.m.–4:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

National Program for Playground Safety

(800) 554-PLAY (554-7529)
9:00 a.m.–4:00 p.m., Monday–Friday (Central time)

National Safety Council

(800) 621-7619
(800) 767-7236 (National Radon Hotline)
8:30 a.m.–4:45 p.m., Monday–Friday (Central time)

Safe Sitter

(800) 255-4089
8:30 a.m.–4:30 p.m., Monday–Friday (Eastern time)

2009 Toll-Free Numbers

for Health Information



U.S. Consumer Product Safety Commission Hotline

(800) 638-2772
(800) 638-8270 (TDD)
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

Vehicle Safety Hotline

National Highway Traffic Safety Administration
(888) 327-4236
(800) 424-9153 (TTY)
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

SEXUAL EDUCATION

Medical Institute for Sexual Health

(800) 892-9484 (publication orders only)
8:15 a.m.–5:00 p.m., Monday–Friday (Central time)

Planned Parenthood Federation of America, Inc.

(800) 230-7526 (Recording)
(800) 669-0156 (Order line)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

SEXUALLY TRANSMITTED DISEASES

See also AIDS/HIV

American Social Health Association

(800) 227-8922
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

CDC INFO

(800) CDC-INFO (232-4636) (English/Spanish)
(888) 232-6348 (TTY)

CDC National Prevention Information Network

(800) 458-5231 (English/Spanish)
(888) 282-7681 (Fax)
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

SKIN DISEASE

Foundation for Ichthyosis and Related Skin Types, Inc.

(800) 545-3286
9:00 a.m.–4:00 p.m., Monday–Friday (Eastern time)

National Institute of Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse

(877) 226-4267
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

National Psoriasis Foundation

(800) 723-9166
8:00 a.m.–5:00 p.m., Monday–Friday (Pacific time)

SMOKING

Smoking Quitline of the National Cancer Institute

(877) 44U-QUIT (448-7848)
(800) 332-8615 (TTY)
9:00 a.m.–4:30 p.m., Monday–Friday, except Federal holidays (Eastern time)

Smoking, Tobacco and Health Information Line

Office on Smoking and Health, CDC
(800) 232-4636 (Recording)

SPINAL CORD INJURY

See PARALYSIS AND SPINAL CORD INJURY

STROKE

See also PARALYSIS AND SPINAL CORD INJURY

American Heart Association Stroke Connection

(888) 478-7653
24 hours a day, 7 days a week, 365 days a year

2009 Toll-Free Numbers

for Health Information



National Institute of Neurological Disorders and Stroke

(800) 352-9424
8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

National Stroke Association

(800) STROKES (787-6537)
8:00 a.m.–4:30 p.m., Monday–Thursday,
8:00 a.m.–4:00 p.m., Friday (Eastern time)

STUTTERING

National Center for Stuttering

(800) 221-2483
10:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Stuttering Association

(800) We Stutter (937-8888)

Stuttering Foundation of America

(800) 992-9392
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

SUBSTANCE ABUSE

See also *ALCOHOL ABUSE* and *DRUG ABUSE*

National Inhalant Prevention Coalition

(800) 269-4237 (Recording)
8:00 a.m.–6:00 p.m., Monday–Friday (Central time)

SAMHSA's National Clearinghouse for Alcohol and Drug Information

(800) 729-6686
(800) 662-4357 (Treatment Referral)
(877) 767-8432 (Spanish)
(800) 487-4889 (TDD)

SUDDEN INFANT DEATH SYNDROME

See *RARE DISORDERS*

SUICIDE PREVENTION HOTLINES

National Suicide Prevention Lifetime

(800) 273-TALK (273-8255)
(800) 799-4TTY (779-4889) (TTY)
(888) 628-9454 (Spanish)

The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service that routes calls from anywhere in the country to the nearest available certified crisis center where trained crisis counselors talk to callers and can link them to local services.

The Trevor Helpline

(866) 4-U-TREVOR (488-7386)

The Trevor Helpline is a national toll-free suicide prevention hotline aimed at gay and questioning youth. It's open 24 hours a day, 7 days a week, 365 days a year. Teens with nowhere to turn can call and talk confidentially to trained counselors and find local resources.

SURGERY/FACIAL PLASTIC SURGERY

American Society of Plastic Surgeons, Inc.

(888) 475-2784 (Referral Service)

TRAUMA

American Trauma Society

(800) 556-7890
8:30 a.m.–4:00 p.m., Monday–Friday (Eastern time)

UROLOGICAL DISORDERS

American Association of Kidney Patients

(800) 749-2257
8:30 a.m.–4:30 p.m., Monday–Friday (Eastern time)

American Kidney Fund

(800) 638-8299
9:00 a.m.–5:00 p.m., Monday–Thursday; 9:00 a.m.–2:00 p.m., Friday (Eastern time)

2009 Toll-Free Numbers

for Health Information



American Urological Association

(866) RING-AUA (746-4282)
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Health Care Services

National Kidney Foundation
(800) 622-9010
8:30 a.m.–5:30 p.m., Monday–Friday (Eastern time)

National Association for Continenence

(800) 252-3337
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Kidney and Urologic Diseases Information Clearinghouse

(800) 891-5390
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

PKD Foundation

(800) 753-2873
8:00 a.m.–5:00 p.m., Monday–Friday (Central time)

Simon Foundation for Continenence

(800) 237-4666
9:00 a.m.–5:00 p.m., Monday–Friday (Central time)

VENEREAL DISEASES

See SEXUALLY TRANSMITTED DISEASES

VETERANS

National Veterans Services Fund, Inc.

(800) 521-0198
9:00 a.m.–4:00 p.m., Monday–Friday (Eastern time)

Paralyzed Veterans of America

(800) 424-8200
(800) 795-4327 (TTY)
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

U.S. Department of Veterans Affairs

(800) 827-1000

Veterans Special Issue Helpline

Department of Veterans Affairs
(800) 749-8387 (Agent Orange/Persian Gulf War)
8:00 a.m.–4:00 p.m., Monday–Friday (Central time)

VIOLENCE

National Domestic Violence Hotline

(800) 799-SAFE (7233)
(800) 787-3224 (TDD)

National Organization for Victim Assistance

(800) TRY-NOVA (879-6682)
9:00 a.m.–6:00 p.m., Monday–Friday (Eastern time)

Rape, Abuse, and Incest National Network

(800) 656-4673

VISION

See also LIBRARY SERVICES

American Council of the Blind

(800) 424-8666
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Blind Childrens Center

(800) 222-3566
8:00 a.m.–4:00 p.m., Monday–Friday (Pacific time)

Braille Institute of America

(800) BRAILLE (272-4553)
8:30 a.m.–5:00 p.m., Monday–Friday (Pacific time)

EyeCare America

(800) 222-3937

Foundation Fighting Blindness

(800) 683-5555
(800) 683-5551 (TDD)
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

2009 Toll-Free Numbers for Health Information



Glaucoma Research Foundation

(800) 826-6693
8:30 a.m.–5:00 p.m., Monday–Friday (Pacific time)

Guide Dog Foundation for the Blind, Inc.

(800) 548-4337
8:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Guide Dogs for the Blind

(800) 295-4050
8:00 a.m.–5:00 p.m., Monday–Friday (Pacific time)

Lighthouse International

(800) 829-0500
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

Louisiana Center for the Blind

(800) 234-4166
8:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Association for Parents of Children with Visual Impairments

(800) 562-6265
9:00 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Consortium on Deaf-Blindness

(800) 438-9376
(800) 854-7013 (TTY)
9:00 a.m.–4:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

National Family Association for Deaf-Blind

(800) 255-0411 (Voice/TTY)
8:45 a.m.–4:30 p.m., Monday–Friday (Eastern time)

Prevent Blindness America

(800) 331-2020
8:30 a.m.–5:00 p.m., Monday–Friday (Central time)

Vision Council of America

(800) 424-8422

WOMEN

Endometriosis Association

(800) 992-3636 (Recording)

National Osteoporosis Foundation

(800) 231-4222
8:30 a.m.–5:00 p.m., Monday–Friday (Eastern time)

National Women's Health Information Center

(800) 994-9662
(888) 220-5446 (TDD)
9:00 a.m.–6:00 p.m., Monday–Friday, except Federal holidays (Eastern time)

Women's Health America

(800) 558-7046 (Recording)
8:00 a.m.–5:30 p.m., Monday–Friday (Central time)

Women's Sports Foundation

(800) 227-3988
9:00 a.m.–5:00 p.m., 9:00 a.m.–4:45 p.m., Monday–Friday (Eastern time)

For more health promotion and disease prevention information—

Search online for thousands of free Federal health documents using healthfinder.gov at <http://www.healthfinder.gov>

For health promotion and disease prevention information in Spanish—

Search online at <http://www.healthfinder.gov/espanol>.

2009 Toll-Free Numbers

for Health Information



- ABLEDATA, 227-0216
- AdCARE Hospital Helpline, 252-6465
- AdoptUSKids, (888) 220-4005
- Aerobics and Fitness Foundation of America, 968-7263 (Consumers); 446-2322 (Professionals)
- Agency for Healthcare Research and Quality Clearinghouse, 358-9295
- AIDS Info, 448-0440; (888) 480-3739 (TTY)
- Al-Anon Family Group Headquarters, 425-2666
- Alcohol and Drug Helpline, 821-4357
- Alliance for Aging Research, 639-2421
- ALS Association, 782-4747
- Alzheimer's Association Helpline, 272-3900
- Alzheimer's Disease Education and Referral Center, 438-4380
- American Academy of Allergy, Asthma and Immunology, 822-2762
- American Alliance for Health, Physical Education, Recreation and Dance, 213-7193
- American Association of Critical Care Nurses, 899-2226
- American Association of Diabetes Educators, 338-3633
- American Association of Kidney Patients, 749-2257
- American Autoimmune Related Diseases Association, Inc., 598-4668
- American Behcet's Disease Association, 723-4238
- American Brain Tumor Association, 886-2282
- American Cancer Society, 227-2345 (Voice/TDD/TT)
- American Chiropractic Association, 986-4636
- American Cleft Palate-Craniofacial Association/Cleft Palate Foundation, 242-5338
- American Council of the Blind, 424-8666
- American Council on Alcoholism, 527-5344
- American Council on Exercise, 825-3636
- American Counseling Association, 347-6647
- American Dental Association, 947-4746 (Catalog Sales and Service)
- American Diabetes Association, 342-2383; 232-6733 (Order Fulfillment)
- American Headache Society, 255-2243
- American Health Assistance Foundation, 437-2423
- American Heart Association, 242-8721
- American Heart Association Stroke Connection, (888) 478-7653
- American Institute for Cancer Research, 843-8114
- American Kidney Fund, 638-8299
- American Leprosy Missions (Hansen's Disease), 543-3131
- American Liver Foundation, 465-4837
- American Lung Association, 586-4872
- American Nurses Association, 274-4262
- American Occupational Therapy Association, 729-2682; 377-8555 (TDD)
- American Osteopathic Association, 621-1773
- American Parkinson Disease Association, 223-2732
- American Podiatric Medical Association, Inc., 275-2762
- American Running Association, 776-2732
- American SIDS Institute, 232-7437
- American Social Health Association, 227-8922
- American Society for Deaf Children, 942-2732 (Voice/TTY)
- American Society of Plastic Surgeons, Inc. (888) 475-2784
- American Speech-Language-Hearing Association, 638-8255
- American Thyroid Association, 849-7643
- American Trauma Society, 556-7890
- American Urological Association, (866) 746-4282
- Americans with Disabilities Act Information Line, 514-0301 (English and Spanish); 514-0383 (TTY)
- Amputee Coalition of America, (888) 267-5669
- Angel Flight Mid-Atlantic, 296-3797

2009 Toll-Free Numbers for Health Information



TOLL-FREE NUMBERS FOR HEALTH INFORMATION • DIAL 1-800 (unless 866/877/888 is specified)

Aplastic Anemia and MDS International Foundation, Inc.,
747-2820

Arthritis Foundation, 283-7800

Arthritis National Research Foundation, 588-2873

Association for Applied Psychophysiology and
Biofeedback, 477-8892

Association of periOperative Registered Nurses,
755-2676

Asthma and Allergy Foundation of America, 727-8462

Back to Sleep SIDS Information Campaign, 505-2742

Batten Disease Support and Research Association,
448-4570

Bethany Christian Services, 238-4269

Blind Childrens Center, 222-3566

Bradley Method of Natural Childbirth, 422-4784

Braille Institute of America, 272-4553

Brain Tumor Society, 770-8287

Breast Cancer Network of Strength, 221-2141 (English);
986-9505 (Spanish)

Calix Society, 398-0524

Cancer Hope Network, (877) 467-3638

Candlelighters Childhood Cancer Foundation, 366-2223

Captioned Media Program, National Association for the
Deaf, 237-6213; 237-6819 (TTY); 538-5636 (Fax)

Caring Connections, 658-8898

CDC INFO, 232-4636; (888) 232-6348 (TTY)

CDC National Prevention Information Network,
458-5231; (888) 282-7681 (Fax)

Center for Food Safety and Applied Nutrition,
(888) 723-3366

Charcot-Marie-Tooth Association, 606-2682

Child Find of America, Inc., 426-5678; 292-9688

Childhelp USA® National Child Abuse Hotline, 422-4453

Child Welfare Information Gateway, 394-3366

Children and Adults with Attention Deficit/Hyperactivity
Disorder, 233-4050

Children's Brain Tumor Foundation, (866) 228-4673

Children's Craniofacial Association, 535-3643

Children's Hospice International, 242-4453

Children's Tumor Foundation, 323-7938

Christopher and Dana Reeve Foundation, 225-0292

College of American Pathologists, 323-4040

Cooley's Anemia Foundation, 522-7222

Cornelia de Lange Syndrome Foundation, 223-8355;
753-2357

Covenant House Nineline, 999-9999

Crohn's and Colitis Foundation of America, Inc., 932-2423;
343-3637 (Warehouse)

Cystic Fibrosis Foundation, 344-4823

DBTAC: Mid-Atlantic Americans with Disabilities Act
Center, 949-4232 (Voice/TTY)

DES Action USA, 337-9288

DHHS Inspector General's Hotline, 447-8477

Dial A Hearing Screening Test, 222-3277 (Voice/TTY)

Drug-Free Workplace Helpline, 967-5752

Drug Help, 488-3784

Drug Policy Information Clearinghouse, White House
Office of National Drug Control Policy, 666-3332

2009 Toll-Free Numbers for Health Information



- Dystonia Medical Research Foundation, 377-3978
- Easter Seal Society, 221-6827
- Eldercare Locator, 677-1116
- Endometriosis Association, 992-3636
- Environmental Justice Information Line, 962-6215
- Epilepsy Foundation, 332-4050 (Library); 332-1000 (Publications)
- Epilepsy Information Service, 642-0500
- Eunice Kennedy Shriver* National Institute of Child Health and Human Development Information Resource Center, 370-2943
- EyeCare America, 222-3937
- FACES: The National Craniofacial Association, 332-2373
- Families of Spinal Muscular Atrophy, 886-1762
- Federal Emergency Management Agency, 621-3362; 480-2520
- Federal Information Center, GSA, 688-9889; 326-2996 (TTY)
- Fibromyalgia Network, 853-2929
- First Candle/SIDS Alliance, 221-7437
- Food Allergy and Anaphylaxis Network, 929-4040
- Foundation Fighting Blindness, 683-5555; 683-5551 (TDD)
- Foundation for Ichthyosis and Related Skin Types, Inc., 545-3286
- Gay, Lesbian, Bisexual, and Transgender Helpline, (888) 340-4528
- Gay, Lesbian, Bisexual, and Transgender National Hotline, (888) 843-4564
- Genetic Alliance, 336-4363
- Genetic and Rare Diseases Information Center, (888) 205-2311; (888) 205-3223 (TTY)
- Girls & Boys Town National Hotline, 448-3000; 448-1833 (TDD)
- Glaucoma Research Foundation, 826-6693
- Guide Dog Foundation for the Blind, Inc., 548-4337
- Guide Dogs for the Blind, 295-4050
- Health Care Services, National Kidney Foundation, 622-9010
- Health Resources and Services Administration Information Center, (888) 275-4772; (877) 489-4772
- Hear Now, 648-4327 (Voice/TDD)
- Heart Information Service, 292-2221
- Hepatitis Foundation International, 891-0707
- Hill-Burton Free Medical Care Program, 638-0742; 492-0359 (in MD)
- Histiocytosis Association of America, 548-2758
- Hormone Foundation, 467-6663
- HUD USER, 245-2691; 927-7589 (TDD)
- Human Growth Foundation, 451-6434
- Huntington's Disease Society of America, 345-4372
- Immune Deficiency Foundation, 296-4433
- Indoor Air Quality Information Clearinghouse, 438-4318
- Insure Kids Now Hotline, (877) 543-7669
- International Childbirth Education Association, 624-4934 (orders only)
- International Chiropractors Association, 423-4690
- International Dyslexia Association, 222-3123
- International Essential Tremor Foundation, (888) 387-3667
- International Hearing Society, 521-5247
- International Rett Syndrome Association, 818-7388
- Job Accommodation Network, 232-9675 (Voice/TTY); 526-7234 (Voice/TTY)
- John Tracy Clinic, 522-4582 (Voice/TDD)
- Joseph and Rose Kennedy Institute of Ethics, 633-3849
- Juvenile Diabetes Research Foundation, 533-2873
- Kidney Cancer Association, 850-9132
- La Leche League International, 525-3243
- Lamaze International, 368-4404

2009 Toll-Free Numbers

for Health Information



Lambda Legal Defense and Education Fund,
(866) 542-8336 (Foster Care Helpline)

Les Turner Amyotrophic Lateral Sclerosis Foundation, Ltd.,
(888) 257-1107

Leukemia & Lymphoma Society, 955-4572

Liberty Godparent Home, 542-4453

Lighthouse International, 829-0500

Living Bank, 528-2971

Louisiana Center for the Blind, 234-4166

Lupus Foundation of America, 558-0121; 558-0231
(Spanish)

Lyme Disease Foundation, Inc., 886-5963

MAGIC Foundation for Children's Growth, 362-4423

Medical Institute for Sexual Health, 892-9484

MedicAlert Foundation International, 432-5378

Medicare Issues Hotline, 633-4227; (877) 486-2048 (TTY)

Multiple Sclerosis Association of America, 532-7667

Multiple Sclerosis Foundation, (888) 673-6287

Muscular Dystrophy Association, 572-1717

Myasthenia Gravis Foundation, 541-5454

National Abortion Federation, 772-9100

National Adoption Center, 862-3678

National Alliance on Mental Illness, 950-6264

National Association for Continenence, 252-3337

National Association for Parents of Children with Visual
Impairments, 562-6265

National Association for the Education of Young Children,
424-2460

National Association of Hospital Hospitality Houses, Inc.,
542-9730

National Bone Marrow Transplant Link, 546-5268

National Brain Injury Information Center, 444-6443

National Brain Tumor Foundation, 934-2873

National Cancer Institute's Cancer Information Service,
422-6237, 332-8615 (TTY)

National Center for Complementary and Alternative
Medicine Clearinghouse, (888) 644-6226; (866) 464-3615
(TTY); (866) 464-3616 (Fax)

National Center for Immunization and Respiratory
Diseases, 232-4636; (888) 232-6348 (TTY)

National Center for Lesbian Rights, 528-6257 (Youth
Legal Information Line)

National Center for Missing & Exploited Children[®],
843-5678; (877) 446-2632 (Voice Mail)

National Center for Stuttering, 221-2483

National Child Care Information Center, 616-2242;
516-2242 (TTY); 716-2242 (Fax)

National Clearinghouse of Rehabilitation Training
Materials, (866) 821-5355

National Consortium on Deaf-Blindness, 438-9376;
854-7013 (TTY)

National Council on Alcoholism and Drug
Dependence, Inc., 622-2255

National Council on Problem Gambling, 522-4700

National Criminal Justice Reference Service, 851-3420
(877) 712-9279 (TTY)

National Dairy Council, 426-8271; 974-6455 (Fax)

National Diabetes Information Clearinghouse, 860-8747

National Digestive Diseases Information Clearinghouse,
891-5389

National Dissemination Center for Children with
Disabilities, 695-0285 (Voice/TTY)

National Domestic Violence Hotline, 799-7233;
787-3224 (TDD)

National Down Syndrome Congress, 232-6372

National Down Syndrome Society Hotline, 221-4602

National Family Association for Deaf-Blind, 255-0411

National Fire Protection Association, 344-3555

National Fragile X Foundation, 688-8765

2009 Toll-Free Numbers

for Health Information



- National Gaucher Foundation, 504-3189
- National Hansen's Disease Programs, 642-2477
- National Headache Foundation, (888) 643-5552
- National Health Information Center, 336-4797
- National Health Service Corps, 221-9393 (Scholarships/ Loan Repayment & Job Opportunities in underserved areas)
- National Heart, Lung, and Blood Institute Health Information Line, 575-9355 (High Blood Pressure and Cholesterol Information)
- National Hemophilia Foundation, 424-2634
- National Hispanic Family Health Helpline, (866) 783-2645
- National Hispanic Prenatal Helpline, 504-7081
- National Immunization Information Hotline, 232-4636; 232-6348 (TTY)
- National Information Clearinghouse on Children Who Are Deaf-Blind, 438-9376; 854-7013 (TTY)
- National Inhalant Prevention Coalition, 269-4237
- National Institute for Occupational Safety and Health Information Inquiry Service, 356-4674
- National Institute for Rehabilitation Engineering, 736-2216
- National Institute of Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse, (877) 226-4267
- National Institute of Mental Health Information Resource Center, (866) 615-6464, (866) 415-8051 (TTY)
- National Institute of Neurological Disorders and Stroke, 352-9424
- National Institute on Aging Information Center, 222-2225
- National Institute on Deafness and Other Communication Disorders Information Clearinghouse, 241-1044; 241-1055 (TTY)
- National Jewish Medical and Research Center, 222-5864
- National Kidney and Urologic Diseases Information Clearinghouse, 891-5390
- National Lead Information Center, 424-5323 (Clearinghouse)
- National Lekotek Center, 366-7529
- National Library of Medicine, (888) 346-3656
- National Library Service for the Blind and Physically Handicapped, 424-8567
- National Life Center/Pregnancy Hotline, 848-5683
- National Lymphedema Network, 541-3259
- National Marfan Foundation, 862-7326
- National Marrow Donor Program[®], 627-7692
- National Multiple Sclerosis Society, 344-4867
- National Organization for Albinism and Hypopigmentation; 473-2310, 648-2310 (Fax)
- National Organization for Rare Disorders, 999-6673
- National Organization for Victim Assistance, 879-6682
- National Organization on Fetal Alcohol Syndrome, 666-6327
- National Osteoporosis Foundation, 231-4222
- National Parkinson Foundation, Inc., 327-4545
- National Patient Travel Helpline, 296-1217
- National Pesticide Information Center, 858-7378
- National Program for Playground Safety, 554-7529
- National Psoriasis Foundation, 723-9166
- National Rehabilitation Information Center, 346-2742
- National Resource Center on Domestic Violence, 537-2238, 533-2508 (TTY)
- National Reye's Syndrome Foundation, 233-7393
- National Runaway Switchboard, 786-2929; 621-0394 (TDD)
- National Safety Council, 621-7619, 767-7236 (Radon Hotline)
- National Spasmodic Torticollis Association, 487-8385
- National Spinal Cord Injury Association, 962-9629
- National Stroke Association, 787-6537

2009 Toll-Free Numbers

for Health Information



- National Suicide Prevention Lifeline, 273-8255; 779-4889 (TTY); (888) 628-9454 (Spanish)
- National Stuttering Association, 937-8888
- National Technical Information Service, 553-6847
- National Veterans Services Fund, 521-0198
- National Women's Health Information Center, 994-9662
- Neurofibromatosis, Inc., 942-6825 (Hotline)
- Office of Minority Health Resource Center, 444-6472
- Office of Orphan Products Development, 300-7469
- Osteogenesis Imperfecta Foundation, 981-2663
- Osteoporosis and Related Bone Diseases~National Resource Center, 624-2663
- Paget Foundation for Paget's Disease of Bone and Related Disorders, 237-2438
- Paralyzed Veterans of America, 424-8200
- Parkinson's Disease Foundation, 457-6676
- PKD Foundation, 753-2873
- Peer Listening Line, 399-7337
- Pension Benefit Guaranty Corporation, 400-7242
- Phoenix Society for Burn Survivors, 888-2876
- Planned Parenthood Federation of America, 230-7526; 669-0156 (Order line)
- Poison Help Hotline, 222-1222
- Prader-Willi Syndrome Association, 926-4797
- Prevent Blindness America, 331-2020
- Prevent Child Abuse America, 244-5373
- Pride Surveys, 279-6361
- PRIDE Youth Programs, 668-9277
- Project Inform HIV/AIDS Treatment Hotline, 822-7422
- Public and Indian Housing Information and Resource Center, 955-2232
- Rape, Abuse, and Incest National Network, 656-4673
- Recording for the Blind and Dyslexic, 221-4792
- Research to Prevent Blindness, 621-0026
- Restless Legs Syndrome Foundation, (877) 463-6757
- Safe Drinking Water Hotline, 426-4791
- Safe Sitter, 255-4089
- SAMHSA's National Clearinghouse for Alcohol and Drug Information, 729-6686; 662-4357; (877) 767-8432 (Spanish); 487-4889 (TDD)
- SAMHSA's National Mental Health Information Center, 789-2647; (866) 889-2647 (TDD)
- School Nutrition Association, 877-8822
- Scleroderma Foundation, 722-4673
- Scoliosis Association, 800-0669
- Shaping America's Youth[®], 729-9221
- Shriners Hospital for Children Referral Line, 237-5055
- Sickle Cell Disease Association of America, Inc., 421-8453
- Simon Foundation for Continence, 237-4666
- Sjogren's Syndrome Foundation, Inc., 475-6473
- Smoking Quitline of the National Cancer Institute, (877) 448-7848; 332-8615 (TTY)
- Smoking, Tobacco and Health Information Line, Office on Smoking and Health, 232-4636
- Social Security Administration, 772-1213
- Spina Bifida Association, 621-3141
- Spondylitis Association of America, 777-8189
- Starlight Children's Foundation, 274-7827
- Sturge-Weber Foundation, 627-5482
- Stuttering Foundation of America, 992-9392
- Support Organization for Trisomy 18, 13 and Related Disorders, 716-7638
- Susan G. Komen for the Cure, (877) 465-6636
- The ARC of the United States, 433-5255
- TOPS (Taking Off Pounds Sensibly) Club, Inc., 932-8677
- Tourette Syndrome Association, Inc., (888) 486-8738

2009 Toll-Free Numbers for Health Information



- Trevor Helpline, (866) 488-7386
- Tuberous Sclerosis Alliance, 225-6872
- Turner Syndrome Society of the United States, 365-9944
- United Cerebral Palsy Association, 872-5827
- United Leukodystrophy Foundation, 728-5483
- United Network for Organ Sharing, (888) 894-6361
- U.S. Consumer Product Safety Commission Hotline, 638-2772; 638-8270 (TDD)
- U.S. Department of Agriculture Meat and Poultry Hotline, (888) 674-6854
- U.S. Department of Veterans Affairs, 827-1000
- U.S. Fish & Wildlife Service, 344-9453
- U.S. Food and Drug Administration, 332-1088 (Medwatch); (888) 463-6332 (Consumer Inquiries)
- U.S. Pharmacopeia Center for the Advancement of Patient Safety, 233-7767 (Medication Errors)
- Us TOO International Prostate Cancer Education and Support Network, 808-7866
- Vasculitis Foundation, 227-9474
- Vehicle Safety Hotline, National Highway Traffic Safety Administration, (888) 327-4236; 424-9153 (TTY)
- Vestibular Disorders Association, 837-8428
- Veterans Affairs Health Benefits Service Center, (877) 222-8387
- Veterans Special Issue Helpline, 749-8387
- Vision Council of America, 424-8422
- Weight Control Information Network, (877) 946-4627
- Well Spouse Association, 838-0879
- Wilson's Disease Association, (888) 264-1450
- Women's Health America, 558-7046
- Women's Sports Foundation, 227-3988
- YMCA of the USA, 872-9622
- Zero to Three: National Center for Infants, Toddlers and Families, 899-4301



Office of Disease Prevention
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U.S. Department of Health
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