

Outreach Idea for Providing Information to Therapists-

The objective of this Outreach idea is to let therapists/counselors know that Nar-Anon exists and where they and their clients can get information and meeting schedules. Doing mailings can become expensive so this idea uses a website to contact therapists. You will need an email address and phone number that can be contacted in case they want more information.

Do a Google search on “therapists” and “Psychology Today” and you will get-
<https://therapists.psychologytoday.com/rms>

Many of the therapists have a [Email] button on their profile. Click to send an email and then you will need to fill in:

Your name	(I put in <i>Nar-Anon Outreach</i>)
Your email address	(I put in an email address that the local meeting uses)
Your phone	(I put in a telephone number that the local meeting uses)
Subject	(I put in <i>Nar-Anon information</i>)
Message	(I put in the following message-must be 200 words or less)

We are reaching out to you in an effort to increase awareness of Nar-Anon Family Groups - a Twelve Step fellowship that offers a recovery program for those affected by someone else's addiction. The disease of addiction can affect family members and friends of addicts physically, emotionally, and spiritually. Nar-Anon meetings can provide support and hope to those affected by a relative or friend's addiction. Nar-Anon is based on a set of spiritual principles and has no affiliation with any particular religion. There are no dues or fees. Since you may have contact with friends and families of addicts, we would like to be a resource for them and appreciate you making information about Nar-Anon available to them. The Nar-Anon website at www.nar-anon.org has all the meeting locations and times and more information about the program. Thank you for your interest and assistance in sharing this information with family members and friends of addicts.

I look at the therapists' profile to see where they are located (some may be too far away) and if they would be an appropriate contact.

I have a list of the therapists that I have sent emails to and the date that I emailed them. If necessary, we can keep a central list so we don't overlap and send too many emails to the same person.