

PERSONAL HEALTH AND NUTRITION

revised 03/14/2018

- **Aids Project Los Angeles (APLA)**

611 South Kingsley Dr., Los Angeles CA 90005 / Tel: (213) 201-1600 / Website: www.apla.org

AIDS Project Los Angeles, one of the nation's largest AIDS service organizations, provides direct services to men, women, and children living with HIV and AIDS. APLA is a leader in the provision of bilingual HIV treatment information, in print and on the Internet, and advocates for effective AIDS-related policies and legislation on the local, state and federal level.

Write to receive further information about our services.

- **American Civil Liberties Union National Prison Project**

125 Broad St. 18th floor, NY NY 10004 / Tel: (212) 549-2500 / Website: www.aclu.org

The ACLU's free booklet *Play It Safer*, describes sexually transmitted diseases, the signs of disease, the importance of safer sex, and the need for treatment. Eleven of the most common STDs are explained, from Chancroid to Trichomoniasis. This 27 page booklet also includes a national resource list for prisoners.

- * **Center for Health Justice**

900 Avila St, Suite 102, Los Angeles CA 90012 / HIV Hotline: (212) 229-0979 (accepts collect calls from inmates) /

Website: www.centerforhealthjustice.org

Formerly CorrectHELP, They provide information related to HIV in prison – contact them if you are not receiving proper HIV medication or are denied access to programs due to HIV status.

- * **Just Detention International**

3325 Wilshire Blvd, #340, Los Angeles CA 90010 / Tel: (213) 384-1400 / Web: www.justdetention.org

Formerly Stop Prisoner Rape. They seek to end sexual violence against prisoners. Provides counseling resources for imprisoned and released rape survivors and activists for almost every state. East coast office 1900 L. St. NW, Ste 601, Washington DC, 20036 (202) 506-3333

- **North American Vegetarian Society**

PO Box 72, Dolgeville NY 13329 / Tel: (518) 568-7970 / E-mail: navs@telenet.net / Website: www.navs-online.org

The North American Vegetarian Society is a nonprofit educational organization dedicated to promoting the vegetarian way of life to its members, the public, local groups, interested organizations and the media. Our educational efforts include: publishing Vegetarian Voice, our quarterly news-magazine; sponsoring both regional and national conferences; distributing books and other educational materials by mail and at local and national events; and responding to inquiries from all sectors of society. NAVS seeks to promote the joy, compassion and life-enhancing possibilities of vegetarianism.

- **Protecting Your Health and Safety: A Litigation Guide for Inmates**

Protecting Your Health & Safety, Prison Legal News, Prisonleganews.org PO Box 1151, 1013 Lucerne Ave, Lake Worth, FL, 33460 (561) 360-2523 info@prisonlegalnews.org

A 328-page manual designed to help inmates who are not represented by an attorney, Protecting Your Health and Safety explains the legal rights that inmates have regarding health and safety, including the right to receive medical care and the right to be free from inhumane treatment such as excessive force by prison guards. It also explains to inmates how they can enforce those rights when they are violated. It provides an overview of the legal system, a glossary of legal terms and explains how to file and litigate pro se complaints in federal courts. It also includes a list of federal courts and resources groups for prison inmates. It does not cover criminal matters. Cost of manual is \$10.00, which includes shipping and handling. Payments may be made by check or money order. When ordering the manual please note any special institutional regulations, such as no padded envelopes, receipt required, etc. Upon request, prison law libraries will be sent a copy at no cost. Also available free of charge on our website. Numerous publications also available.

- **The Vegetarian Resource Group**

PO Box 1463, Baltimore MD 21203 / Tel: (410) 366-8343 / E-mail: vrg@vrg.org / Website: www.vrg.org

The Vegetarian Resource Group is a non-profit organization dedicated to educating the public on vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. In addition to publishing the Vegetarian Journal, VRG produces and sells cookbooks, other books, pamphlets, and article reprints.

- **WORLD (Women Organized to Respond to Life-threatening Diseases)**

389 30th St., Oakland CA 94609 / Tel: (510) 986-0340 / Website: www.womenhiv.org

An information and support network by, for and about women with HIV/AIDS. We offer our monthly, 8-page WORLD Newsletter to female prisoners free of charge. Our newsletter has 12,000 readers in over 85 countries and offers personal stories of women living with HIV, treatment updates, resources, and other information about living with HIV. Please write for further information.