

ZELFHULP NETWERK

Stichting Zelfhulp Netwerk Zuidoost-Brabant

INFOCARD

TEL: 040-2118328
WWW.ZELFHULPNETWERK.NL

Via Foundation Zelfhulp Netwerk Zuidoost-Brabant you can instantly get in touch with more than 100 selfhelp groups with very different subjects. If you can not find the topic you are looking for in the list below, please contact Zelfhulp Netwerk Zuidoost-Brabant. We are happy to help. There are always new groups in formation and otherwise we can help you with starting a new selfhelp group.

<u>Selfhelp groups</u>	<u>Number of groups</u>	<u>Location</u>
<u>MENTAL HEALTH GROUPS</u>		
Anxiety and panic symptoms	2	Eindhoven
Autistic spectrum	3	Eindhoven
Borderline problems	1	Eindhoven
Burn-out symptoms, men's group	1	Helmond
Depression	2	Eindhoven
Depression/social problems, walking group	1	Eindhoven
Obsessive Compulsive Disorder	1	Eindhoven
Mental health, reintegration	2	Eindhoven
Manic Depression/bipolair disorder	13	Eindhoven, Helmond, Bergeijk
People with psychological vulnerability	1	Eindhoven
Parents with mental disorder and children at a distance	1	Helmond
Psychotic and/or schizophrenic problem	1	Helmond
<u>groups for family and/or relatives</u>		
Relatives of people with an eating disorder	1	Gerwen
Psychological and psychiatric problems	3	Eindhoven en Helmond
Relatives of children with autistic spectrum and/or ADHD	1	Valkenswaard
Islamic mothers of children with autistic spectrum and/or ADHD	1	Helmond
Suicide, anyone who has lost a loved one (adults and youth group)	2	Eindhoven
<u>PHYSICAL HEALTH GROUPS</u>		
Aphasia, language group for people with aphasia and their partners	2	Eindhoven en Gemert
CVA, for people with CVA and their partners	1	Gemert
Hearing impaired and deaf people and their partners	1	Eindhoven
Cancer, for people with cancer and their relatives	2	Eindhoven en Helmond
Lyme's disease, for people with Lyme	1	Eindhoven
Multiple Sclerose, M.S. patients and their partners	2	Deurne en Helmond
Acquired Brain Injury (ABI) (youth group and a group for people with NAH and their relatives)	2	Helmond en Best
<u>groups for family and/or relatives</u>		
Partners of M.S. patients	1	Deurne

ADDICTION RECOVERY GROUPS

Alcohol addiction (AA)	6	Eindhoven en Helmond
Cocaine/drug addiction (CA/NA), cocaine addiction women's group	3	Helmond
Drug addiction	4	Eindhoven
Drug addiction, international, English and Polish language	4	Eindhoven
Drug addiction and/or behavior problems, youth group (NA young)	1	Eindhoven
Drug addiction and psychological problems (dual diagnoses) two mixed groups and a youth group	3	Eindhoven
Eating disorder	3	Eindhoven en Helmond
Gambling addiction	2	Eindhoven
Relationship addiction for women	2	Eindhoven en Helmond
Seks- and love addiction (1 mixed group en 1 women's group)	2	Eindhoven en Den Bosch

groups for family and/or relatives

Family/relatives of people with alcohol or drug addiction	5	Eindhoven, Valkenswaard, Helmond, Bakel and Best
Adult children of addicts	1	Eindhoven
Family/relatives of people with an eating disorder	2	Eindhoven en Gerwen
Familie/relatives of people with gambling addiction	1	Eindhoven

OTHER TOPICS AND CULTURAL GROUPS

Homo-, bi- and transsexuals	1	Eindhoven
Homo- and/or bisexual in marriage, relationship and family	1	Eindhoven
High Sensitive Persons, HSP	1	Eindhoven
Iraqi women's group	1	Eindhoven
Maroccan women's group, group age 25 t/m 45 jaar, 45+ group	2	Helmond
Sexual abuse, mixed group 12-step program	1	Eindhoven
Somali women's group	1	Helmond
Turkish women's group	1	Helmond
Transgender adults group	1	Eindhoven
Transgender youth group	1	Eindhoven
Parents who've lost contact with their adult children	1	Beek en donk

groups for family and/or relatives

Parents and/or relatives of children with Down Syndrome	1	Eindhoven
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You are welcome to visit us at our office (Pastoriestraat 147 in Eindhoven, open everyday from 09:00-16:00u), or at our dependance in Helmond (Molenstraat 74A te Helmond, T: 0492-476062, open from Monday till Thursday from 13:00u - 16:00u), or at our walk-in Best on Thursday afternoon from 13:00-16:00u, (Bestwijzer, Zonnewende 173 in Best)

DO IT ON YOU'RE OWN, BUT NOT ALONE!

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