



# ZELFHULP NETWORK

Stichting Zelfhulp Network Zuidoost-Brabant

## INFOCARD

WWW.ZELFHULPNETWORK.NL

TEL: 040-2118328

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

| <u>Peer-support for:</u>  | <u>Number<br/>of groups</u> | <u>Location:</u>                     |
|---|-----------------------------|--------------------------------------|
| <b><u>MENTAL HEALTH PEER-SUPPORT GROUPS</u></b>   |                             |                                      |
| Anxiety symptoms  | 1                           | Eindhoven                            |
| Autistic spectrum   | 2                           | Eindhoven                            |
| Borderline problems   | 1                           | Eindhoven                            |
| Burn-out suffering (male group)   | 1                           | Helmond                              |
| Depression  | 3                           | Eindhoven                            |
| Depression/social problems, walking group   | 1                           | Eindhoven                            |
| Manic depression / Bipolar disorder   | 12                          | Eindhoven, Helmond, Deurne, Bergeijk |
| Mental health problems in general   | 2                           | Eindhoven                            |
| Obsessive compulsive disorder   | 1                           | Eindhoven                            |
| People with psychological vulnerability   | 1                           | Eindhoven                            |
| Psychotic and / or schizophrenic sensitive  | 1                           | Helmond                              |
| <b><u>groups for family and / or directly involved</u></b>                                |                             |                                      |
| Relatives of people with bipolar disorder   | 1                           | Eindhoven                            |
| Psychological and psychiatric problems  | 3                           | Eindhoven and Helmond                |
| (Islamic) groups for parents of children with Autism/ADHD                                 | 1                           | Helmond                              |
| Suicide, anyone who has lost a loved one  | 2                           | Eindhoven                            |
| <b><u>PHYSICAL HEALTH PEER-SUPPORT GROUPS</u></b>   |                             |                                      |
| Aphasia, language group for people with Aphasia   | 2                           | Eindhoven and Gemert                 |
| Cerebrovascular accident  | 1                           | Gemert                               |
| Hearing impaired and deaf people and their partners                                       | 1                           | Eindhoven                            |
| Cancer, people with cancer and their relatives  | 2                           | Eindhoven and Helmond                |
| Multiple Sclerosis, MS patients and their partners  | 2                           | Deurne and Helmond                   |
| Noncongenital brain damage (age 18-35 and a group for people with NAH and their partners) | 2                           | Helmond and Best                     |
| <b><u>groups for family and / or directly involved</u></b>                                |                             |                                      |
| Partners of M.S. patients   | 1                           | Deurne                               |

## ADDICTION RECOVERY PEER-SUPPORT GROUPS

|   |    |                                |
|---|----|--------------------------------|
| Alcohol addiction (AA)  | 11 | Eindhoven and Helmond          |
| Alcohol/Drug addiction ( CA/NA)   | 5  | Eindhoven and Helmond          |
| Drug addiction , international (Englisch and Polisch speaking)                              | 4  | Eindhoven                      |
| Drug addiction for youth  | 1  | Eindhoven                      |
| Drug addiction and mental health problems (dual diagnosis) 1 for youth and 2 (mixed groups) | 2  | Eindhoven                      |
| Eating disorder   | 2  | Eindhoven and Helmond          |
| Gambling addiction  | 2  | Eindhoven                      |
| Relationship addiction (2 women's group)  | 2  | Eindhoven and Helmond          |
| Seks and love addiction   | 2  | Eindhoven and 's Hertogenbosch |
| Women's group for addiction in general  | 1  | Helmond                        |

### ***groups for family and / or directly involved***

|   |   |                                    |
|---|---|------------------------------------|
| Family / persons concerned of people with alcohol / drug addiction) | 4 | Eindhoven, Helmond, Best and Bakel |
| Youth around people with addictions                                 | 1 | Eindhoven                          |
| Family / persons concerned of people with eating disorders          | 2 | Eindhoven and Breugel              |
| Family / persons concerned people with a gambling addiction         | 1 | Eindhoven                          |

## OTHER OWN AND CULTURE PEER-SUPPORT GROUPS

|   |   |              |
|---|---|--------------|
| Gay, bisexual and transgender                                   | 2 | Eindhoven    |
| Homo- and / or bisexuality in marriage , relationship or family | 1 | Eindhoven    |
| Hypersensitive people   | 2 | Eindhoven    |
| Irani culture, women's group                                    | 1 | Eindhoven    |
| Moroccan culture, women's group 25 t/m 45 jr and 45+ jr.        | 2 | Helmond      |
| Somali women's group  | 1 | Helmond      |
| Turkish women's group   | 1 | Helmond      |
| Transgender adults group  | 1 | Eindhoven    |
| Transgender youth   | 1 | Eindhoven    |
| Parents without contact with their adult children               | 1 | Beek en Donk |

### ***groups for family and / or directly involved***

|  |   |           |
|--|---|-----------|
| Down's syndrome , parents and / or relatives | 1 | Eindhoven |
|--|---|-----------|

You can always walk here with us in building Pastoriestraat 147 in Eindhoven, every working day from 09:00-16:00h) at our branch in Helmond (Molenstraat 74A Helmond T.: 0492- 476062. Monday to Thursday open from 9:00h to 16:00h except Wednesday), or at our walk-in Best on Thursday afternoon at 13;00-16:00 h (Bestwijzer, Zonnewende 173 to Best).

**DO IT YOURSELF, BUT NOT ONLY!**

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