

INFOCARD

WWW.ZELFHULPNETWERK.NL

TEL: 040-2118328

Via Foundation Zelfhulp Netwerk Zuidoost-Brabant you can instantly get in touch with more than 100 peer-support groups with very different subjects. If you can't find the topic you are looking for in the list below, please contact the Zelfhulp Network. 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 of groups</u>	<u>Location:</u>
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MENTAL HEALTH PEER-SUPPORT GROUPS

A(D)HD (<i>attention deficit hyperactivity disorder</i>)	1	Eindhoven
Anxiety symptoms	1	Eindhoven
Autism spectrum (<i>mix and women's group</i>)	2	Eindhoven
Borderline	1	Eindhoven
Burn-out symptoms (<i>1x mixed group, 1x male group</i>)	2	Deurne and Helmond
Depression	3	Eindhoven and Someren
Depression/social problems, walking group	1	Eindhoven
Bipolar disorder	14	Eindhoven, Helmond, Bergeijk
Obsessive compulsive disorder	1	Eindhoven
People with psychological vulnerability	1	Eindhoven
P.T.S.S. (<i>Post Traumatic Stress Syndrome</i>)	2	Eindhoven and Veldhoven
Suicidal thoughts	1	Eindhoven

groups for family and/or directly involved

Relatives of people with bipolar disorder	1	Eindhoven
Psychological and psychiatric problems	4	Eindhoven
Parents/partners of people with autism	3	Best

PHYSICAL HEALTH PEER-SUPPORT GROUPS

Hearing impaired and deaf people and their partners	2	Eindhoven and Helmond
Cancer, people with cancer and their relatives	2	Eindhoven and Helmond
Parkinson	2	Best
Multiple Sclerose, MS patients and their partners	2	Deurne and Helmond
Acquired brain injury (<i>1 group for age 18-35, 2 groups for people with NAH and their partners, 1 cooking group, 1 CVA group for people with CVA and their partners</i>)	5	Eindhoven, Helmond and Best, Gemert

groups for family and/or directly involved

Partners of M.S. patients	1	Deurne
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See other side

You are always welcome at our office (Pastoriestraat 147 Eindhoven, every working day from 09:00-16:00h), at our walk-in Helmond (community house de Fonkel, Prins karelstraat 123 Helmond, T: 06-34476951, Tuesday open from 9:00h to 16:00h), or at our walk-in Best (Bestwijzer, Zonnewende 173 Best, T: 06-34476951, Thursday open from 13:00h to 16:00 h)

ADDICTION RECOVERY PEER-SUPPORT GROUPS

Addiction (<i>for anyone with an addiction</i>)	1	Helmond
Alcohol addiction (AA), <i>Dutch, International, Polish, English</i>	14	Eindhoven, Helmond, Gemert
Cocaine (CA)	2	Eindhoven
Drug addiction (NA), <i>Dutch, International, English, Polish, Farsi, Young</i>	13	Eindhoven, Helmond en Geldrop
Drug addiction and mental health problems (<i>double diagnosis, mixed groups</i>)	4	Eindhoven en Helmond
Eating disorder	2	Eindhoven
Gambling addiction	2	Eindhoven
Game addiction (CGAA)	1	Eindhoven
Relationship addiction (<i>women's group</i>)	1	Eindhoven
Sex and love addiction (<i>men and women</i>)	1	Eindhoven
WA, Workaholics	1	Eindhoven
Women's group for addiction in general	2	Eindhoven and Helmond
<u>groups for family and/or directly involved</u>		
Relatives of people with alcohol/drug addiction. <i>Dutch, Polish</i>	4	Eindhoven, Helmond and Bakel
Adult Children of people with addictions (A.C.A.)	2	Eindhoven
Relatives of people with eating disorder	1	Breugel
Relatives of people with a gambling addiction	1	Eindhoven
<u>OTHER OWN AND CULTURE PEER-SUPPORT GROUPS</u>		
Gay, bisexual and transgender	2	Eindhoven
Homo- and/or bisexuality in marriage, relationship or family	1	Eindhoven
HSP, highly sensitive person	2	Eindhoven
Persian Eindhoven (<i>Irani women's group</i>)	1	Eindhoven
Transgender <i>adult group & young group</i>	2	Eindhoven
Parents without contact with their adult children	1	Beek en Donk
How to proceed after parental alienation	1	Eindhoven
Suicide, anyone who has lost a loved one	1	Eindhoven
Grieving process, anyone who has lost a loved one	2	Geldrop
Informal carers for people with a psychiatric disorder	1	Bergeijk
Parents/guardians of children that don't go to school	1	Eindhoven
Creative recovery group	1	Eindhoven
<u>groups for family and/or directly involved</u>		
Parents of children with down syndrome	1	Eindhoven

DO IT YOURSELF, BUT NOT ALONE!

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