

Via Foundation Zelfhulp Network 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>
<u>MENTAL HEALTH PEER-SUPPORT GROUPS</u>		
Anxiety symptoms	1	Eindhoven
Autism spectrum (<i>mix and women's group</i>)	2	Eindhoven
Bipolar disorder	13	Eindhoven, Helmond, Bergeijk
Borderline	1	Helmond
Burn-out symptoms (<i>1x mixed group, 1x male group</i>)	2	Deurne and Helmond
Depression	2	Eindhoven
Depression/social problems, walking group	1	Eindhoven
Hearing voices	1	Eindhoven
Obsessive compulsive disorder	1	Eindhoven
People with psychological vulnerability	1	Eindhoven
P.T.S.S. (<i>Post Traumatic Stress Syndrome</i>), HSP, (early) childhood trauma.	3	Eindhoven and Veldhoven
Suicidal thoughts	1	Eindhoven
<u>groups for family and/or directly involved</u>		
Psychological and psychiatric problems	4	Eindhoven
Parents/partners of people with autism	3	Best
Relatives of people with bipolar disorder	1	Eindhoven
<u>PHYSICAL HEALTH PEER-SUPPORT GROUPS</u>		
Acquired brain injury (<i>1 group for age 18-35, 3 groups for people with NAH and their partners, 1 cooking group, 1 CVA group for people with CVA and their partners</i>)	6	Eindhoven, Helmond, Best, Gemert, Veldhoven
Avoidant Personality Disorder	1	Eindhoven
Cancer, for people with cancer and their relatives	2	Eindhoven
Hearing impaired and deaf people and their partners	2	Eindhoven and Helmond
Long Covid	1	Eindhoven
Multiple Sclerose, MS patients and their partners	1	Deurne
Parkinson	2	Best
<u>groups for family and/or directly involved</u>		
Partners of M.S. patients	1	Deurne
		See other side

You are always welcome at our office (Pastoriestraat 147 Eindhoven, every working day from 09:00-16:00h), 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

Alcohol addiction (AA), <i>Dutch, International, Polish</i>	12	Eindhoven and Helmond
Cocaine (CA)	2	Eindhoven
CoDa meeting	1	Eindhoven
Drug addiction (NA), <i>Dutch, International, Polish, Young,</i>	10	Eindhoven and Helmond
Drug addiction and mental health problems (<i>double diagnosis, mixed groups</i>)	3	Eindhoven and Helmond
Eating disorder	2	Eindhoven
F.A. (Female Anonymous)	1	Eindhoven
Gambling addiction	2	Eindhoven
Game addiction (CGAA)	1	Eindhoven
Relationship addiction (<i>women's group</i>)	1	Eindhoven
Sex and love addiction (<i>mixed group</i>)	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.)	1	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
Grieving process, anyone who has lost a loved one	2	Geldrop, Helmond
Homo- and/or bisexuality in marriage, relationship or family	1	Eindhoven
How to proceed after parental alienation	1	Eindhoven
HSP, highly sensitive person	2	Eindhoven
Parents without contact with their adult children	1	Beek and Donk
Parents/guardians of children that don't go to school	1	Eindhoven
Suicide, anyone who has lost a loved one	1	Eindhoven
Transgender <i>adult group & young group</i>	3	Eindhoven
<u>groups for family and/or directly involved</u>		
Relatives of people with Down Syndrome	1	Eindhoven

DO IT YOURSELF, BUT NOT ALONE!

WWW.ZELFHULPNETWERK.NL

TEL: 040-2118328