

**INFOCARD**[WWW.ZELFHULPNETWORK.NL](http://WWW.ZELFHULPNETWORK.NL)

TEL: 040-2118328

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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>
<b><u>MENTAL HEALTH PEER-SUPPORT GROUPS</u></b>		
Anxiety symptoms	1	Eindhoven
Autism spectrum ( <i>mix and women's group</i> )	2	Eindhoven
Avoidant Personality Disorder	1	Eindhoven
Bipolar disorder	12	Eindhoven, Helmond, Bergeijk
Burn-out symptoms ( <i>1x mixed group, 1x male group</i> )	2	Deurne and Helmond
Depression	2	Eindhoven
Domestic violence ( <i>women's group</i> )	1	Best
Walking group 'De Oppeppers' ( <i>walking group for mental health</i> )	1	Eindhoven
Auditory hallucinations (voices)	1	Eindhoven
Narcissistic Abuse	1	Online
Obsessive compulsive disorder	1	Eindhoven
(Complex)P.T.S.S. ( <i>Post Traumatic Stress Syndrome</i> )	4	Eindhoven, Veldhoven, Someren
Sexual abuse <i>male group</i>	1	Helmond
Suicidal thoughts	1	Eindhoven
<b><u>Groups for family and/or directly involved</u></b>		
Psychological and psychiatric problems	4	Eindhoven
Partners of people with autism age 50+	1	Best
Relatives of people with bipolar disorder	1	Eindhoven
Parents of children with autism	1	Veldhoven
<b><u>PHYSICAL HEALTH PEER-SUPPORT GROUPS</u></b>		
Acquired brain injury ( <i>group for age 18-35, groups for people with NAH and their partners, cooking group, CVA group for people with CVA and their partners</i> )	10	Eindhoven, Helmond, Best, Gemert, Veldhoven, Son en Breugel
Chronic pain complaints	1	Eindhoven
Hearing impaired and deaf people and their partners	2	Eindhoven and Helmond
Post COVID	3	Eindhoven, Geldrop
Multiple Sclerose, MS patients and their partners	1	Deurne
Parkinson (badminton and gymnastic)	2	Best
<b><u>Groups for family and/or directly involved</u></b>		
Partners of M.S. patients	1	Deurne
<b>See other side</b>		

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

## ADDICTION RECOVERY PEER-SUPPORT GROUPS

Alcohol addiction (AA), <i>Dutch, International, Polish , women</i>	13	Eindhoven and Helmond
Cocaine (CA)	3	Eindhoven
CoDa meeting	1	Eindhoven
Drug addiction (NA), <i>Dutch, International, 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. ( <i>Female Anonymous. Addictiengroup</i> )	1	Eindhoven
Gambling addiction	2	Eindhoven
Game addiction (CGAA)	1	Eindhoven
Recovery group for all types of addiction ( <i>Buddhist concept</i> )	1	Eindhoven
Relationship addiction ( <i>women's group</i> ) Norwood	1	Eindhoven
S.A. ( <i>Sexaholic Anonymous</i> ) S.L.A.A. ( <i>seks and love addiction</i> )	2	Eindhoven
<b><u>groups for family and/or directly involved</u></b>		
Relatives of people with alcohol/drug addiction. <i>Dutch, Polish</i>	4	Eindhoven, Helmond and Bakel
Relatives of people with eating disorder	1	Son & Breugel
Adult Children of people with addictions (A.C.A.)	1	Eindhoven
Relatives of people with a gambling addiction	1	Eindhoven

## OTHER GROUPS

Gay, bisexual and transgender	2	Eindhoven
Homo- and/or bisexuality in marriage, relationship or family	1	Eindhoven
Gender diversity ( <i>Adult group &amp; youth group</i> )	3	Eindhoven
Loss baby/young child ( <i>From 25 weeks pregnancy tot 1,5 years old</i> )	1	Veldhoven
Grieving process, anyone who has lost a loved one	2	Geldrop, Helmond
How to proceed after parental alienation	1	Eindhoven
HSP, highly sensitive person, HSP/PTSS	3	Eindhoven
Parents without contact with their adult children	1	Beek and Donk
Suicide, anyone who has lost a loved one	1	Eindhoven

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

Relatives of people with Down Syndrome	1	Eindhoven
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## **DO IT YOURSELF, BUT NOT ALONE!**

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