

Through Stichting Zelfhulp Network Zuidoost-Brabant, you can directly get in touch with over 100 self-help groups on a wide range of topics. If you don't find the topic you are looking for in the list below, please contact the Zelfhulp Network. We are happy to assist you further. New groups are always being formed, and if necessary, we can help you start a new self-help group.

Self-help group for:	Number of groups	Location:
MENTAL HEALTH GROUPS		
Anxiety group	1	Eindhoven
Autism (<i>mixed and women's group</i>)	2	Eindhoven
Bipolar disorder	12	Eindhoven, Helmond, Bergeijk, Lieshout, Heeze
Burn-out complaints (<i>1x mixed group, 1x men's group</i>)	2	Deurne, Helmond
Depressive complaints	2	Eindhoven
Hearing Voices	1	Eindhoven
Mental health Recovery group	1	Eindhoven
Mind/Body (<i>Unexplained physical complaints, psychosomatic</i>)	1	Eindhoven
Narcissistic Abuse	1	Online
Obsessive Compulsive Disorder (OCD)	1	Eindhoven
(C).P.T.S.S. (<i>Complex Post Traumatic Stress Disorder</i>), <i>early childhood trauma, women's group, PTSD/HSP, Philosophical/Holistic, Childhood Trauma (English group)</i>	5	Eindhoven, Someren
Suicidal thoughts	1	Eindhoven
Walking group 'De Oppeppers' (<i>walking group for mental health</i>)	1	Eindhoven
Groups for family and/or directly involved		
Children of parents with mental/psychiatric problems (KOPP)	1	Eindhoven
Loved ones of people with bipolar disorder	2	Eindhoven
Parents of children with mental/psychiatric problems	2	Eindhoven, Helmond
Parents of children with ADHD and autism	1	Beek en Donk
Parents/partners of people with autism (50+)	1	Eindhoven
Parents of children with autism	1	Veldhoven
Partners/close relatives of people with mental/psychiatric problems	3	Eindhoven, Helmond
PHYSICAL HEALTH PEER-SUPPORT GROUPS		
Acquired brain injury (ABI) (<i>group for age 18-35, groups for people with ABI and their partners, cooking group, CVA group for people with CVA and their partners</i>)	11	Eindhoven, Helmond, Best, Gemert-Bakel, Veldhoven
Chronic pain complaints	1	Eindhoven
Deaf and hard of hearing people and their loved ones	2	Eindhoven, Helmond
Post COVID	2	Eindhoven, Geldrop
Parkinson's (<i>Movement group and Badmintongroup</i>)	2	Best
Multiple Sclerose, MS patients and their partners	1	Deurne
Groups for family and/or directly involved		
Partners of M.S. patients	1	Deurne
Partners of people with dementia/ Parkinsons disease	2	Asten, Best
		See other side

ADDICTION RECOVERY PEER-SUPPORT GROUPS

Alcohol Addiction (A.A.), <i>Dutch, International, Polish</i>	11	Eindhoven and Helmond
Cocaine Addiction (C.A.) (<i>mixed groups, femal literature group</i>)	4	Eindhoven
CoDA (Codependents Anonymous) meeting	3	Eindhoven
Drug Addiction, Narcotics Anonymous (N.A.), <i>Dutch, International, Young</i>	10	Eindhoven, Geldrop, Asten
Drug Addiction and mental health issues (<i>Dual diagnosis, mixed groups</i>)	3	Eindhoven and Helmond
Eating disorders	3	Eindhoven
F.A. (<i>Female Anonymous. General addiction group for women</i>)	1	Eindhoven
Gambling Addiction	1	Eindhoven
Game addiction (C.G.A.A.)	1	Eindhoven
Recovery group for all types of addiction (<i>Buddhist concept</i>)	1	Eindhoven
Relationship addiction group, Norwood (<i>women's group</i>)	1	Veldhoven
S.A. (<i>Sexaholic Anonymous</i>) S.L.A.A. (<i>seks and love addiction</i>)	2	Eindhoven

Groups for family and/or directly involved

Adult Children of people with addictions (A.C.A.)	1	Eindhoven
Parents of children with an addiction	1	Bakel
Relatives of people with alcohol/drug addiction. <i>Moedige moeders, Al-anon (Polish), N.A.</i>	3	Eindhoven and Bakel
Relatives of people with a gambling addiction	1	Eindhoven

OTHER GROUPS

Gay, bisexual and transgender	2	Eindhoven
Gay- and/or bisexuality in marriage, relationship or family	1	Eindhoven
Gender diversity (<i>Adult & youth group, partners</i>)	4	Eindhoven, Helmond
Grief counseling, anyone who has lost a loved one	2	Geldrop, Deurne
Highly sensitive person, HSP/PTSS	2	Eindhoven
Loss of a baby/young child (<i>From 20 weeks pregnancy tot 1,5 years old</i>)	1	Veldhoven
Parental alienation/Severe child contact	3	Eindhoven, Beek en Donk
Self-help group for immigrant parents (<i>Dutch</i>), <i>parenting issues, language and loneliness</i>	1	Deurne
Suicide, anyone who has lost a loved one	1	Eindhoven

Do it yourself, but not alone!

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