

INFOCARD

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 group you are looking for in the list below, please contact us. 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, ADHD (<i>mixed, women's group, focus on work</i>) | 4 | Eindhoven |
| Bipolar disorder (<i>Dutch, 1 international group</i>) | 12 | Eindhoven, Helmond, Bergeijk, Lieshout, Heeze |
| Borderline | 1 | Eindhoven |
| Boundaries and strength for women | 1 | Geldrop |
| Burn-out complaints (<i>2x mixed group, 1x men's group</i>) | 2 | Deurne, Helmond |
| Depressive complaints (<i>mixed group, group for young adults</i>) | 3 | Eindhoven |
| Hearing Voices | 1 | Eindhoven |
| Mental health Recovery group | 1 | Eindhoven |
| Mind/Body (<i>Unexplained physical complaints, psychosomatic</i>) | 1 | Eindhoven |
| Obsessive Compulsive Disorder (OCD) | 1 | Eindhoven |
| (C).P.T.S.S. (<i>Complex Post Traumatic Stress Disorder</i>), <i>early childhood trauma, PTSD/HSP Philosophical/Holistic.</i> | 2 | Eindhoven |
| Recognizing patterns | 1 | Eindhoven |
| Sexual abuse (<i>Men's group, mixed group</i>) | 2 | Eindhoven, Asten |
| 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 | 2 | Beek en Donk, Veldhoven |
| Partners of people with autism (50+) | 1 | Eindhoven |
| Parents of children with autism | 1 | Veldhoven |
| Partners/close relatives of people with mental/psychiatric problems | 2 | Eindhoven |
| 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 | 3 | Eindhoven, Geldrop |
| Parkinson's (<i>Movement group and Badmintongroup</i>) | 2 | Best |
| People with Parkinson's disease (and their relatives) | 2 | Somerens, Deurne |
| Multiple Sclerosis, MS patients and their partners | 1 | Deurne |
| Groups for family and/or directly involved | | |
| Partners of M.S. patients | 2 | Deurne |
| Partners/relatives of people with dementia and/or Parkinsons disease | 4 | Asten, Best, Someren, Deurne |
| See other side | | |

ADDICTION RECOVERY PEER-SUPPORT GROUPS

| | | |
|---|----|--|
| Alcohol Addiction (A.A.), <i>Dutch, International, Polish</i> | 12 | Eindhoven, 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> | 12 | Eindhoven, Geldrop, Asten, Deurne, Someren |
| Drug Addiction and mental health issues (<i>Dual diagnosis recovery, mixed groups</i>) | 3 | Eindhoven, Helmond |
| Eating disorders | 3 | Eindhoven |
| F.A. (<i>Female Anonymous. General addiction group for women</i>) | 1 | Eindhoven |
| Gambling Addiction (A.G.O.G) | 1 | Eindhoven |
| Game addiction (C.G.A.A.) | 1 | Eindhoven |
| Recovery group for all types of addiction (<i>Buddhist concept and 12 steps</i>) | 1 | Eindhoven, Best |
| 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

| | | |
|--|---|--------------------|
| Relatives of people with alcohol/drug addiction. <i>Moedige moeders, Al-anon (Polish), partners.</i> | 4 | Eindhoven, Helmond |
| Relatives of people with a gambling addiction (A.G.O.G.) | 1 | Eindhoven |

VARIOUS GROUPS

| | | |
|--|---|--------------------------|
| Gay, bisexual and transgender | 1 | Eindhoven |
| Gay- and/or bisexuality in marriage, relationship or family | 1 | Eindhoven |
| Gender diversity (<i>Adult & youth group, partners</i>) | 4 | Eindhoven, Helmond, Best |
| Grief counseling, anyone who has lost a loved one | 2 | Geldrop, Deurne |
| Highly sensitive person, HSP/PTSS | 1 | Eindhoven |
| Parental alienation/Severe child contact | 2 | Eindhoven |
| Self-help group for immigrant parents (<i>Dutch</i>), <i>parenting issues, language and loneliness</i> | 1 | Deurne |
| Single Parents, <i>English group</i> | 1 | Eindhoven |
| Suicide, anyone who has lost a loved one | 1 | Eindhoven |

Do it yourself, but not alone!

Stichting Zelfhulp Netwerk Zuidoost-Brabant

Pastoriestraat 147

5612 EK Eindhoven

Tel: +31 (0)40-2118328

E-mail: info@zelfhulpnetwerk.nl

www.zelfhulpnetwerk.nl



stichtingzelfhulpnetwerk



Stichting Zelfhulp Netwerk Zuidoost-Brabant



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Listen to participants' personal stories via the Zelfhulp Centrale Podcast on Spotify

