

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		
Autism, ADHD (<i>mixed, women's group, focus on work</i>)	4	Eindhoven
Bipolar disorder (<i>Dutch, international/English group</i>)	11	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
Fire fighters veterans	1	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
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
<u>Groups for family and/or directly involved</u>		
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, Mierlo, Son
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	Someren, Deurne
Multiple Sclerosis, MS patients and their partners	1	Deurne
<u>Groups for family and/or directly involved</u>		
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/English, 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, Astén, 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>	5	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</i>	1	Eindhoven
Suicide, anyone who has lost a loved one	1	Eindhoven

Do it yourself, but not alone!

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



Please note: Not all groups are available in English. If a group is conducted in English or another language other than Dutch, this will be indicated in its description.