



## **INFOCARD**

[WWW.ZELFHULPNETWERK.NL](http://WWW.ZELFHULPNETWERK.NL)

[WWW.ZELFHULPVOORJONGEREN.NL](http://WWW.ZELFHULPVOORJONGEREN.NL)

**TEL: 040-2118328**

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 Zuidoost-Brabant. 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>Num- ber of groups</u>	<u>Location:</u>
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### **MENTAL HEALTH PEER-SUPPORT GROUPS**

ADHD (attention deficit hyperactivity disorder)	1	Eindhoven
Anxiety symptoms	1	Eindhoven
Autistic spectrum	1	Eindhoven
Borderline problems	1	Eindhoven
Burn-out suffering (male group)	1	Helmond
Depression	2	Eindhoven
Depression/social problems, walking group	1	Eindhoven
Bipolar disorder	11	Eindhoven, Helmond, Bergeijk
Obsessive compulsive disorder	1	Eindhoven
People with psychological vulnerability	1	Eindhoven
PTSS (Post Traumatic Stress Syndrome)	1	Eindhoven

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

Relatives of people with bipolar disorder	1	Eindhoven
Psychological and psychiatric problems	3	Eindhoven and Helmond

### **PHYSICAL HEALTH PEER-SUPPORT GROUPS**

Aphasia, language group for people with Aphasia	2	Eindhoven and Gemert
Cerebrovascular accident (CVA)	1	Gemert
Hearing impaired and deaf people and their partners	1	Eindhoven
Cancer, people with cancer and their relatives	2	Eindhoven and Helmond
Multiple Sclerosis, MS patients and their partners	2	Deurne and Helmond
Noncongenital brain damage (1 for age 18-35, 1 group for people with NAH and their partners and 1 cooking group)	3	Eindhoven, Helmond and Best

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

Partners of M.S. patients	1	Deurne
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## ADDICTION RECOVERY PEER-SUPPORT GROUPS

Alcohol addiction (AA)	13	Eindhoven and Helmond
Cocaine/narcotics addiction (CA/NA)	6	Eindhoven and Helmond
Drug addiction, international (Englisch, Polisch and Farsi speaking)	5	Eindhoven
Drug addiction for youth	1	Eindhoven
Drug addiction and mental health problems (dual diagnosis, mixed groups)	2	Eindhoven
Eating disorder	2	Eindhoven and Helmond
Gambling addiction	2	Eindhoven
Game addiction (CGAA)	1	Eindhoven
Relationship addiction (women's groups)	2	Eindhoven and Helmond
Seks and love addiction (men and women)	1	Eindhoven
Women's group for addiction in general	3	Eindhoven and Helmond
<b><i>groups for family and/or directly involved</i></b>		
Family/persons concerned of people with alcohol/drug addiction)	3	Eindhoven, Helmond and Bakel
Polisch Al-Anon (Akron, Polisch speaking)	1	Eindhoven
Adult children around people with addictions (A.C.A.)	1	Eindhoven
Family/persons concerned of people with eating disorders	1	Breugel
Family/persons concerned people with a gambling addiction	1	Eindhoven

## OTHER OWN AND CULTURE PEER-SUPPORT GROUPS

Gay, bisexual and transgender	2	Eindhoven
Homo- and/or bisexuality in marriage, relationship or family	1	Eindhoven
Hypersensitive people	1	Eindhoven
Persian Eindhoven (Irani culture, women's group)	1	Eindhoven
Transgender adults group	1	Eindhoven
Transgender youth	1	Eindhoven
Women who have been sexually abused	1	Eindhoven
Parents without contact with their adult children	1	Beek en Donk
Informal carers for people with a psychiatric disorder	1	Eindhoven
Parental alienation	1	Son
How further after divorce (fight separation)	1	Eindhoven
Mourning a Loved one	1	Geldrop
Suicide, anyone who has lost a loved one	2	Eindhoven
Anyone who has lost a loved one	1	Geldrop

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

Parents of children with down syndrome	1	Eindhoven
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**You can always come to our office (Pastoriestraat 147 in Eindhoven, every working day from 09:00-16:00h) at our branch in Helmond (Molenstraat 74A Helmond T: 0492- 476062. Tuesday open from 9:00h to 16:00h), or at our walk-in Best (Bestwijzer, Zonnewende 173 to Best, Thursday open from 13:00h to 16:00 h)**

**DO IT YOURSELF, BUT DO IT NOT ALONE!**

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