

„Self-help groups are created when several people with similar problems want to improve their situation together.“



## HELP TO SELF-HELP

Information about  
the self-help clearinghouse  
of the district

**Do you have any questions?  
We want to assist you!**

Selbsthilfekontaktstelle  
of Landkreis Waldeck-Frankenberg  
Am Kniep 50, 34497 Korbach  
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Englisch

## Help yourself!

A self-help group brings together people who suffer from a similar problem, illness or disability. They exchange experiences and try to master their everyday life and solve their problems with combined forces. The district's self-help clearinghouse supports the work of the self-help groups within the district.

## The Mission of the self-help contact point

The self-help contact point offers information about opportunities for self-help as well as advice and support from existing self-help groups - with organizational questions, search for space or even public relations. It also provides support in

- referring people to existing groups
- in the creation of new groups
- in cooperating with experts from the health and social sectors
- in the organization of speaker events on various topics

## Objectives of the self-help groups

Self-help groups can help people to better deal with stressful life situations by joining forces. You can also:

- develop personal skills
- provide support in looking for possible solutions
- open up new relationships and add new social contacts

## Consultation

The office hours of the self-help contact point Waldeck-Frankenberg are as follows:

- **Mondays from 10 a.m. to 12 p.m.**
- **Tuesdays from 2 p.m. to 4.30 p.m.**
- **Thursdays from 10 a.m. to 12 p.m.**

However, appointments are also available by phone. Consultations take place on the premises of the Health Services Department for the district of Am Kniep 50 in Korbach, but are also possible on site for those affected.

Consultations can also be carried out anonymously on request. The self-help contact point is subject to confidentiality.