

# Self Help is ...

- A self-organized initiative
- Support by professional experts when needed
- Free
- A safe and confidential space
- A social community
- Structured and creative meetings
- Guidance and assistance in a safe and supportive group
- Support for self-care skills and resources
- Social skill building
- Learning conflict resolution skills
- Taking care of yourself and others
- Native language/cultural activities (also for children and teenagers)
- Multilingual with a common language chosen by the group (e.g. English, Spanish, French etc.).

## What benefits do self-help groups bring ...

- Support with health issues, e.g. disability, depression, anxiety, addiction, PTSD, cancer, diabetes, chronic pain etc.
- Support with social welfare, e.g. unemployment, immigration, living situation, society etc.
- Support in specific life situations, e.g. retirement, divorce, single parenthood, personal crises etc.
- Information and orientation
- Understanding, compassion, empathy, acceptance, honesty and trust
- A safe space to share feelings, symptoms and struggles with others who understand
- Solidarity
- Support with daily life challenges
- Social connections
- Courage, strength and resilience
- Being stronger together
- Implement new ideas, e.g. self help e-book libraries
- Positive impact on society

## Services for self-help groups, initiatives and associations

- Consultation for starting a group
- Advice on organisational processes
- Providing rooms and media equipment
- Advice on financial funding for group activities
- Further education with workshops and seminars for active group members (open to suggestions/requests by groups)
- Assistance in finding professionals/experts
- Cooperation (with doctors and other professionals) and networking with other self-help initiatives
- Research projects

## Consultation and Advisory

We help find the right support services, focusing on referrals to self-organised services and groups.  
We provide consultations in person, over the telephone or by email, anonymously, confidentially and free of charge.  
Consultation on request also in English, French, Polish, Russian and Ukrainian

### Selbsthilfezentrum München

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### Office Hours

Monday and Thursday, 2 pm until 6 pm

Tuesday and Wednesday, 10 am until 1 pm