

Self-Help Community Skin e.V.

Self-help is playing an increasingly important role in healthcare. The self-help community Selbsthilfegemeinschaft Haut e.V. has a particular focus on successfully accomplishing the following:

- ↗ Exchange of information and experience
- ↗ Prevention of isolation as a consequence of the illness, enhancing the joy of living and the quality of life
- ↗ Provision of information on specific queries relating to the illness
- ↗ Informing the general public about the various skin diseases

In the Selbsthilfegemeinschaft Haut, sick persons find help on how to tackle their own, individual problems within the framework of their own possibilities and have opportunity to speak openly in a familiar atmosphere to other persons affected about the various options.

- The questions from those affected vary greatly:
Understanding the illness: What is going to happen to me?
- Which doctor can I trust?
- Which therapies and therapists?
- How can I handle what I have been through in the family, with friends, at the workplace?

We cooperate with



Zentrum für Dermatologie,
Allergologie und Dermatochirurgie
Kompetenzzentrum Hautkrebs
HELIOS Klinikum Wuppertal



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Self-Help Community Skin



2 m² Haut

Skin cancer, occupational dermatitis and other skin diseases

Ladies and Gentlemen,

I am pleased to be able to take this opportunity of addressing a few words to you.

The Selbsthilfegemeinschaft Haut in my home town of Leichlingen has set up something of enormous value with great commitment and dedication. They have been successful over many years now.

The Selbsthilfegemeinschaft Haut does a lot for those affected:

The association helps with medical advice provided by experts, who make a great contribution to the work of the self-help community and give specialist lectures and speeches at events. Moreover, it provides information on therapies and diagnostic procedures based on the experience of persons affected. Additionally, it raises the spirits and the general feeling of well-being of those affected.



*Herbert Reul,
Member of the
European Parliament,
Brussels*

Since the illness entails many other, additional impediments, this is at least as important as the medical information. The self-help community provides hope and helps in learning to live with the illness. It gives encouragement and demonstrates that persons affected are not just left to handle things on their own. One individual benefits from the experience of the others. Those affected help one another to find the best possible therapy and also assist in living with the illness – ideally, well and happily. I wish the self-help community every success and continued strength of mind in handling these important tasks. Carry on with the good work!

You may also help in enabling those suffering from the various skin diseases to enjoy an enhanced quality of life.

As patron of the Selbsthilfegemeinschaft Haut, I would therefore ask you most cordially to similarly support the self-help community in their work.

Yours faithfully

Herbert Reul

Our skin – many different disorders

The skin is the largest of our organs with a surface of 2m².

It may be infected with a number of various illnesses. They include psoriasis, neurodermatitis, rosacea, illnesses caused by the occupation and various forms of skin cancer.

All skin illnesses have one thing in common: they impair the quality of life, encroach massively on people's everyday lives and change the social environment of those affected.

The Selbsthilfegemeinschaft Haut helps all those who are affected, even those not having a membership. Rapid, comprehensive help is a very crucial element.

This includes talks before, during the initiated therapies and afterwards. The target: to encourage those affected to commence with the necessary treatment and also to continue with it.

That is the reason why we offer self-help consultation hours and also telephone contacts besides the group evening sessions.

This also is accompanied by the specific support provided by experts.