

ENGLISH VERSION

# anonym-suchthilfe.de

Free · Anonymous · 24/7 · No sign-up required

**When you don't know what to do next —  
you don't have to go through it alone.**



### Daily structure & tracker

Track use, plan days, reflect on triggers. Honest, without pressure for total abstinence.



### Community without pressure

Forum with people who actually want change. Multilingual — write or speak in your own language.



### Help when you need it

Crisis contacts, safety plan, trusted person feature. Available at night too.

*"On the forum I finally found people who don't trigger me — people who genuinely want to get out. I brought my recovery plan to my addiction counsellor — together we worked out what my real triggers are."*

— From the forum, shared anonymously with consent. Translated from German.



Scan QR code



**anonym-suchthilfe.de**

No app, no login, no waiting. Works directly in your browser. Anonymous even over mobile networks. Choose language in the top-right corner.

In a life-threatening emergency, always call 112. For everything in between — [anonym-suchthilfe.de](https://anonym-suchthilfe.de).

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