

ENGLISH VERSION

anonym-suchthilfe.de

Free · Anonymous · No sign-up

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

Daily structure, crisis help, a forum where no one triggers you
— and a clear next step. Available around the clock.

Addiction

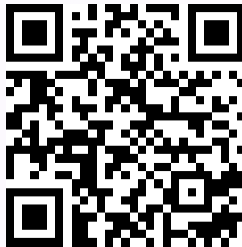
Relapse

Withdrawal

Family & friends

Crisis at night

Multilingual



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Scan QR code or type the URL — right in your browser.

WHAT YOU'LL FIND THERE

- **Day-planner & use tracker** — honest, without zero-pressure
- **Trigger reflection** — reports you can take to your therapist
- **Safety plan** — crisis contacts for the night
- **Forum & buddy feature** — peer support without triggers
- **Support for family & friends** — for parents, partners, children too
- **Multilingual** — write OR speak in your native language. Read-aloud in all supported languages.

WHAT USERS SAY

"I brought my recovery plan to my addiction counsellor — together we worked out what my real triggers are. I feel more secure, more hopeful."

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

WHEN TO CALL, WHEN TO CLICK?

 **Life-threatening emergency? Call 112 immediately.**

For everything in between — cravings, relapse, loneliness, a 3 am crisis — the platform is there for you.

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As of May 2026