

✓ WHAT THE PLATFORM IS

- **Anonymous & free.** Usable without registration.
- **Tools between meetings & appointments:** daily structure, use tracker / clean timer, safety plan, crisis contacts.
- **Forum** with peer exchange and buddy feature.
- **Language bridge for counselling & therapy** — multilingual with voice input AND text-to-speech. Users write or speak in their native language; counsellors access analyses and progress in German. Bridges language barriers that ambulatory care otherwise stumbles over.
- **Family & friends section** for parents, partners, children.

✗ WHAT THE PLATFORM IS NOT

- **Not therapy.** No substitute for counselling, self-help groups, or medical care.
- **No ads, no tracking, no data sale.** Funded solely by donations.
- **No diagnosis.** Self-assessment tools are for reflection, not medical evaluation.
- **Not a substitute for emergency services.** In a life-threatening emergency, call 112.

💬 A VOICE FROM THE COMMUNITY

"You can tell these tools were built from real experience. On the forum I finally found people who don't trigger me — people who genuinely want to get out. I brought my plan to my addiction counsellor — together we worked out what my real triggers are. I feel more secure, more hopeful, and I know what I can do or who to turn to in a crisis."

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

👤 WHO IS BEHIND IT?

Gabriel Maetz, Berlin. 28 years of personal experience with the system around addiction — as someone affected, in the surrounding context, and since 2024 building this platform. Full technical implementation in-house (platform, content, AI integration, data protection). The platform is not funded by a company, pharma sponsor, or advertising alliance — only by donations from users and private supporters.

🤝 HOW CAN WE WORK TOGETHER?

For **self-help groups, counselling services, NGOs, hospitals, or GP practices**: anonym-suchthilfe.de can be a **complementary** tool that gives clients something to hold on to between appointments. Possible next steps:

- **Recommend.** Link in waiting rooms, newsletters, posters, member mailings.
- **Try it.** Demo without sign-up — 15 seconds, no login.
- **Give feedback.** What tools are helpful, what's missing from your professional perspective?
- **Brief introduction.** I'm happy to come to a team meeting for 15–20 minutes (online or Berlin on-site).

As of May 2026 · anonym-suchthilfe.de · Gabriel Maetz

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