



How much substance consumption or digital media use is too much?



For those affected: adults and young people

Are you concerned about your use of alcohol, cannabis, party drugs, cocaine or medication? Do you use digital media too much or are you addicted to gambling? Has your consumption increased or are there times where you can't cope without it? **Take action by getting information or attending a counselling session.** We tailor the scope, content and methods to your needs.

For relatives: adults, young people and children

A friend or relative is consuming substances excessively, is using digital media too much or is addicted to gambling. Do you want to help but are unsure about what would be beneficial? We help you bring about the changes you're looking for.

Our services in English include:

- Information and individual counselling sessions
- Psychotherapy

Target groups and costs

Our services are aimed at people living in the city of Zurich, in Affoltern, Kappel am Albis and Rifferswil or who work for municipal services. The first consultation is free of charge.

Confidentiality

All Suchtfachstelle Zürich employees are bound by confidentiality and ensure the protection of data.