

## **Die dargebotene Hand**

**Die dargebotene Hand offers round-the-clock counselling and online counselling for all people living in Switzerland. Their well-trained volunteers can help to identify difficulties to regain an overview of the situation and to develop, together with the callers, initial steps that will continue.**

***Tel: 143***

## **PARSPAS**

**PARSPAS offers telephone counselling to those who are experiencing distress or need emotional support in Switzerland. The line is available every day, from 8 am to 8 pm.**

***Tel: +41 (0) 27 321 21 21***