



Foto: istock.com

Gambling

Is there too much at stake?

- ...because you lose more and more money?
- ...because you face stressful times and conflicts with your family / in your job?
- ...because you spend all your time at the gambling table or online?

Do not gamble your life away!

Get support.

Berner Gesundheit offers help and support for gamblers, directly affected family members and their personal environment.

You will learn why gambling can cause addiction and how to deal with your gambling issues.

Contact us for information without obligation.

We are bound to professional discretion. If you don't speak German we offer a translator. Our offers are free of charge.

You can reach us via beratung@beges.ch or at the following cost-free phone number: 0800 070 070.

Gemeinsam für mehr Gesundheit

Unsere Angebote sind so individuell wie die Menschen, die sie in Anspruch nehmen. Unsere Kernaufgaben sind Gesundheitsförderung, Prävention, Sexualpädagogik sowie Suchtberatung und -therapie. Wir erbringen unsere massgeschneiderten Dienstleistungen überall in Ihrer Nähe – vertraulich und kompetent.

www.bernergesundheits.ch

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Im Auftrag von:



**Kanton Bern
Canton de Berne**