



Do you take drugs, alcohol or tranquilizers without a doctor's prescription? Do you gamble? Do you have a problem with this or with the consequences? Do you need help? Do you worry about others? **Ambulante Suchthilfe Bremen** offers support and advice.

That doesn't cost any money.

It's confidential.

### You can find us here:



#### Suchthilfezentrum Mitte

Bürgermeister-Smidt-Straße 35, 28195 Bremen

☎ 0421 98 97 90

und hier:



#### Suchthilfezentrum Nord

Berpohlstraße 23a, 28757 Bremen

☎ 0421 98 97 97 0

---

### You can write an e-mail:



The e-mail address is [info@ash-bremen.de](mailto:info@ash-bremen.de)



[www.ashb-bremen.de](http://www.ashb-bremen.de)

