

Heart2Heart

Crisis Support in English ☎ 0800 143 000



Tel  143
Heart2Heart
Crisis Support in English

Whatever you're going through, Heart2Heart is there for you.



Here to Listen

We are here for you 365 days a year, 5 hours a day. Your call to us is anonymous and free of charge.



Experienced Listeners

Our volunteers are extensively trained to listen to anyone in need.



Our Mission

We provide a safe space for you to share your concerns, worries and needs.



Next steps

If needed we will talk through your options and discover resources to support your next steps.



Commitment

We are committed to helping people regardless of age, origin or religion.



Our Contribution

Our English hotline is an important contribution in addition to other psychosocial care offerings.

We are here for you
365 days a year, 5 hours
a day (6–11 pm).

“My anxiety took hold again ...”

“It will never get any better ...”

“My children are really challenging me today ...”

“I had a setback again ...”

“I tried to quit drinking many times, but ...”

“No one knows about this but ...”

“My relationship is so bad ...”

“I have no one to talk to ...”

☎ 0800 143 000



Heart2Heart is a new service for Tel 143, starting as of January 1st, 2023. Tel 143 is one of the best-known contact points for emotional first aid in Switzerland and the Principality of Liechtenstein and offers empathetic conversations with trained listeners. This service is free of charge, anonymous and confidential.

At Heart2Heart no topic is too big or small – we are here to listen to your concerns, support you in a crisis, and share your good news. Lines are open daily from 6pm to 11pm on 0800 143 000. More information is available at heart2heart.143.ch.

Anyone wishing to donate can find more information at heart2heart.143.ch

Die Dargebotene Hand
Heart2Heart

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in good hands.**

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