

APG/SGA AG
Executive Management
Giesshübelstrasse 4
8027 Zürich

Zurich, 18 November 2025

We are always here for you. Anonymous, confidential and free of charge.

Dear Sir or Madam

We firmly believe: Talking about it helps! At 143.ch, we are available for you around the clock, 365 days a year—anonymous, personal, and confidential.

We are the best-known point of contact for emotional first aid in Switzerland and the Principality of Liechtenstein. Approximately 700 carefully trained volunteers are available by phone, chat, or email to support people through difficult times as conversation partners.

What sets us apart:

- Always accessible and free of charge
- A listening ear for all topics
- Anonymity and data protection guaranteed
- Central contact point in acute and crisis situations

143.ch is financed through private donations as well as contributions from institutions, foundations, churches and municipalities.

On behalf of all those seeking help, we thank you for your valuable support and trust. With your help, you give new hope and confidence to people in difficult life situations.

Kind regards



Martin Bolliger
President 143.ch