



Jellinek



How do you deal with alcohol, drugs & gaming?

Do you often suffer from hangovers, have trouble sleeping or getting out of bed? Feeling stressed, anxious or down? Excessive drinking, gaming or using drugs can worsen these symptoms.

Jellinek Prevention provides information on alcohol, other drugs and gaming and offers confidential support if you want to use less or stop altogether.

Information and advice.
Free, anonymous and without
referral from a general practitioner.



088-5051220

jellinek.nl/studenten