



Deutsche Hauptstelle  
für Suchtfragen e.V.

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The German Centre for  
Addiction Issues

## **A SHORT INTRODUCTION**

## OUR TASK

Alcohol, tobacco, prescription drugs, illegal drugs or pathological gambling and eating disorders – addictive behaviour takes many forms. The DHS estimates that around 1.6 million people in Germany are alcohol dependent and 1.4 million dependent on potentially addictive medicaments. More than 9.3 million people are at risk from their alcohol consumption. Between 100 and 150 thousand people use illegal drugs intensively and in high risk forms of consumption. Of the country's 20 million smokers an estimated 14 million are tobacco dependent. The extent of non-substance dependency is difficult to quantify: the DHS estimates the number of pathological gamblers to be in excess of 220,000. Around 5 % of 14-35-year-olds suffer from bulimia and anorexia, 95 % of whom are women.

The DHS has the aim of informing people about addiction-related problems, advising them and drawing their attention to support provision. This involves preventive measures (addiction prevention), in the form of providing information about the dangers of addiction and its possible consequences. In addition, the DHS member organisations offer dependent people and their families concrete support and help towards self-help. This enables sufferers to find ways out of their dependency. The DHS promotes the constant qualitative development of counselling and treatment for people with addiction problems and is committed to ensuring the availability of such provision.

The incidence of addiction is partly dependent on society's attitudes towards addictive substances and whether it promotes or restricts their spread. The DHS therefore makes every effort to gain the support of important political and social groups and organisations for its objectives, in order to limit the availability of addictive substances and reduce their demand.



**Representing addiction relief –  
Providing public information**

## THE ORGANISATION

The DHS was set up in 1947 to provide a platform for all the associations and charities active in helping addiction sufferers throughout the country. With few exceptions, all bodies involved in out-patient counselling and treatment, in-patient provision and self-help are represented in the DHS.

The aim of the DHS member organisations is to systematically pool their various expert skills and knowledge of issues and problems relating to addiction prevention and addiction relief. To this extent the DHS stands for addiction relief in Germany. Information and support for substance consumers and abusers, addicts and their families are provided and put into effect in the various facilities of the member associations and through contact among their members.

The range of provision in the field of addiction relief includes 1,400 counselling centres, 160 specialist clinics, 7,500 self-help groups with 120,000 members, as well as day-care centres and night shelters for dependents, and residential and aftercare groups. Staffing the largely locally based addiction relief facilities are more than 10,000 social workers, educationalists, psychologists and doctors, along with at least 20,000 unpaid volunteers.

The Scientific Board of Trustees of the DHS has the task of providing continuous advice, promoting and monitoring the work of the DHS and in particular initiating and helping to shape the corresponding scientific work of the organisation.

The DHS specialist committees tackle underlying and topical problems in the field of addiction, addiction relief and addiction prevention. They work out proposals for solving such problems, which offer dependable orientation support. The committees provide fundamental impulses for further developments and for maintaining and improving standards in addiction relief and addiction prevention.



**Pooled expertise –  
Targeted cooperation**

## THE HEADQUARTERS

The headquarters of the DHS is both the specialist centre and the coordinating office. It is the point of contact for everyone interested in the issues of addiction prevention, counselling, treatment and self-help or for those wishing to enter into cooperative arrangements. In addition, the headquarters coordinates the interests of the member associations and represents the concerns of addiction relief vis-à-vis the federal government, federal authorities and the nationwide associations of pension and health insurance bodies.

The headquarters also selects topics within the field of addiction and dependency, instigates specialist and political debates, issues position statements, develops guidelines and framework concepts and holds specialist conferences and meetings on topical issues. The aims here are to promote exchange between experts and those directly affected, to publicise the issues of dependency and substance-related disorders, to contribute to shaping public opinion and to raise awareness of the problems in the general public and among decision-makers.

New tasks of nationwide interest, which emerge from topical areas of concern and from the further development of specialist subject matter, are tackled by the DHS in projects. Third-party funds are employed in such work. National focus points in recent years have been "Young People and Addiction", "Age and Addiction", "Medicament Dependency" and "Alcohol Dependency Week". In international projects and at European level alcohol is also a chief focus of project work.

The work of the headquarters is supported by Germany's Federal Ministry for Health.



**Coordinating know-how –  
Stimulating initiatives**



## THE DHS ON THE INTERNET

The DHS Internet website [www.dhs.de](http://www.dhs.de) makes available all important data, facts and publications on addiction issues. The “Daten + Fakten” [Data + Facts] page provides specialist information (definitions, studies, statistics etc.) which can mostly be downloaded. The heading “Infomaterial” [Publications] leads to DHS statements and positions and to printed support material. Along with specialist publications covering the various working areas, invitations and documentation relating to current events and congresses can be viewed. Access is also provided to all brochures and leaflets.

The “Einrichtungssuche” [Organisation Search] menu point provides fast access to the support provision of the counselling and treatment centres and to self-help bodies in Germany.

The entire contents of the library can be researched online via the website.

The Internet also provides a communication platform for the exchange of information and views, e.g. on campaigns and special focus programmes, and also for registering to receive the DHS newsletter.



**Collating facts –  
Ensuring topicality**



## THE DHS LIBRARY

The DHS library is the most comprehensive specialist library on addiction issues in the German language. It currently contains around 32,000 monographs, articles from specialist periodicals, academic papers and what's known as grey literature (dating back to 1885). The titles are registered as such, as well as in the form of keywords describing contents. About 30% of the documents have so far been provided with abstracts summarising the contents.

Apart from a few reference books the contents of the library can be borrowed. People wishing to use the library can make appointments to do so at any time. Cost-free research can also be organised on request.

The complete database covering the full contents of the library is accessible via the Internet and is available for individual research. As a special service, the library offers 30 up-to-date bibliographies on frequently requested subjects.

The library on the Internet:  
**[www.dhs.de/bibliothek](http://www.dhs.de/bibliothek)**



**Representing addiction relief –  
Providing public information**

# THE PUBLICATIONS

The DHS issues its own periodical, brochures and other publications on various aspects of addiction and the relevant support provision: addictive drugs, addictive substance consumption, substance-related disorders, dependency, counselling and treatment provision, self-help.

The information provided is aimed at consumers, people with substance-related disorders and their relatives. The DHS also publishes specialist materials for professional and voluntary workers in the addiction field and in related areas of activity such as health, youth or social work.



## Jahrbuch Sucht

[The Addiction Yearbook]

The central reference work on all matters of addiction

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## SUCHT [Addiction]

A periodical for theory and practice

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The pamphlet series

## Die Sucht und ihre Stoffe

[Addiction and its substances]

An information series on

common addictive substances:

- (1) Benzodiazepines, (2) Nicotine,
  - (3) Cocaine, (4) Heroin, (5) Alcohol,
  - (6) Cannabis, (7) Painkillers,
  - (8) Amphetamines
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The brochure series

## Basisinformationen

[Basic information]

Alcohol, Tobacco, Cannabis, Medicaments

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**Informing people involved –  
Helping people affected**



### Suchtmedizinische Reihe

[The addiction medicine series]

Alcohol dependency, Tobacco dependency, Eating disorders, Drug dependency

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### Drogen nehmen? Vollaufen lassen? Kein Problem? – Irgendwann ist Schluss mit lustig ...

[Taking drugs? Getting drunk? No problem? – At some point the fun stops ...]

A brochure for young people in German and Russian

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### An offer to all, who are trying to help a loved-one.

A brochure for relatives of addicts (the brochure is also available in the following translations: German, French, Italian, Russian, Spanish, Turkish)

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### Alcopops

Information for parents and teachers

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### Substanzbezogene Störungen am Arbeitsplatz

[Substance-related disorders in the workplace]

A practical guide for Human Resources staff

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### Substanzbezogene Störungen im Alter

[Substance-related disorders in old age]

Information and practical help

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# THE MEMBERS

- akzept e. V., Berlin
- Arbeiterwohlfahrt Bundesverband e. V., Berlin
- Bundesarbeitsgemeinschaft der Träger Psychiatrischer Krankenhäuser, Kassel
- Bahn-Zentralstelle gegen die Alkoholgefahren, Frankfurt am Main
- Blaues Kreuz in Deutschland e. V. – Bundesgeschäftsstelle, Wuppertal
- Blaues Kreuz in der Evangelischen Kirche – Bundesverband e. V., Dortmund
- Bundesfachverband Essstörungen, München
- Bundesverband der Elternkreise drogengefährdeter und drogenabhängiger Jugendlicher e. V., Berlin
- Bundesverband für stationäre Suchtkrankenhilfe e. V., Kassel
- Caritas Suchthilfe CaSu e.V., Freiburg
- Deutsche Gesellschaft für Suchtmedizin e. V., Hamburg
- Deutsche Gesellschaft für Suchtpsychologie e. V. – Bundesgeschäftsstelle, Köln
- Deutscher Caritasverband e. V., Referat Basisdienste und besondere Lebenslagen, Freiburg
- Deutscher Frauenbund für alkoholfreie Kultur e. V. – Bundesverband, Hagen
- Deutsches Rotes Kreuz e. V. – Generalsekretariat, Berlin
- Fachverband Drogen und Rauschmittel e. V., Hannover
- Fachverband Glücksspielsucht e. V., Herford
- Freundeskreise für Suchtkrankenhilfe – Bundesverband e. V., Kassel
- Gesamtverband für Suchtkrankenhilfe im Diakonischen Werk der EKD e. V., Berlin
- Guttempler in Deutschland, Hamburg
- Katholische Sozialethische Arbeitsstelle e. V., Hamm
- Kreuzbund e. V. – Bundesgeschäftsstelle, Hamm
- Paritätischer Gesamtverband – Referat Gefährdetenhilfe, Berlin

## Permanent Guests:

- Bundesarbeitsgemeinschaft der Landesstellen für Suchtfragen, Frankfurt am Main
- Bundesvereinigung der kommunalen Spitzenverbände, Köln



**Successful and strong –  
Working together**

