

STRESS

Time for a change!

Do you need
a consultation
immediately?

Easy, and
without an appointment:
+41 (0)848 270 270



Do you feel overwhelmed or exhausted?

It's time to pay attention to your health. With support, you'll be able to initiate changes and improve the quality of your life.

We are here for you.

MOVIS
for work and life

Here you can find professional support:

External point of contact with confidential counselling: +41 848 270 270

Or get in touch online: **www.movis24.ch**

You can reach us 24 hours a day, 7 days a week.

Scan the QR code to get more information.

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