

Gesundheitswegweiser für
Migrantinnen und Migranten im Land Brandenburg

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Guide to Health
for Migrants in the Federal State of Brandenburg

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Guide de santé pour les immigrants résidents à
Brandebourg

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Przewodnik po zdrowie
dla migrantek i migrantów w landzie Brandenburgia

PL

Zdravstveni priručnik za migrante u Brandenburg-u

HR
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Путеводитель в области здравоохранения
для мигрантов по федеральной земле Бранденбург

RUS

Hướng dẫn y tế dành cho người nhập cư ở bang
Brandenburg

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Preface

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Dear reader:

Health is both a human right and one of the greatest needs man can think of – no matter where you live in this world or under which circumstances you were born. With its strategy of „health for all in the 21st century“ the World Health Organization wants to come up to this concern on a world-wide scale. It demands equal opportunities for all in the field of health. All people – independently of their nationality and ethnic origin – have to know where they will be given help and support in case of health problems. You will really be able to manage all right only if you are well-informed about the possibilities you have.

This is all the more true for people who have been admitted to the State of Brandenburg and found refuge here. Being faced with language and cultural barriers you may find it very hard to even handle every-day questions: Where will I turn to when I feel sick? Will I have to pay the doctor or the dentist out of my own pocket? What shall I do in an emergency? In fact, many a migrant fails to solve questions which are as easy as that – and this is the reason why they often have comparably poor chances to look after their health.

This „Guide to Health“ is designed to provide you with information in your mother tongue, thus facilitating your access to medical care and making our complex health system more transparent to you. For quite a long time now Brandenburg has become a second home for many of the 50,000 foreign citizens living among us. Their integration into society is an essential element of the State's policy; and the State's notion and concept of integrating migrants who enjoy a right of residence consequentially includes easier access to medical care and prevention, too.

In this sense, the present guide also mirrors a reality which is long since the normal course of life in society. That is why medical services offered must be tuned to the fact that there is migration and have to open to migrants' needs more and more. I am pleased that in issuing the present brochure another step is made in this direction. I warmly thank all those people who took part in writing this guide.



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The Public Health Service in Brandenburg

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The purpose of the Public Health Service in the Federal State of Brandenburg is to protect and even to foster and promote people's health. In the State of Brandenburg, every rural district and every town not belonging to such a district has a Health Office. Even on the Internet you can find information relevant to any Health Office, including its office hours and advice centres, if you inspect the web site of the respective district authority. In their districts, Health Offices make a special contribution to prophylaxis as well as to the preservation and promotion of citizens' health. Apart from this, they come out with health promotion schemes which are tailored to the particular needs of children, young people, disabled persons and citizens who have run into difficult health and social problems.

Now you will be given a description of the most important advice centres of the Health Offices:

Children's and Young People's Health Service

The paediatricians of the Health Office want to support your endeavour to bring your children up in conditions allowing them to become adults who are as healthy as possible. And, in particular, they offer you both advice and help when your child's health is poor, her or his development shows undesirable trends, she or he runs the risk of becoming handicapped or needs special fostering. The paediatricians of the Children's and Young People's Health Service hold medical examinations in kindergartens and schools at regular intervals (when school is started and in the sixth and tenth forms). The object of this service offer is to early establish developmental disorders, handicaps or diseases in your children and to introduce the therapy or possibly pedagogical measures of treatment required in good time. Besides, inoculations are recommended or even offered directly in the educational establishments. Advice is

given with regard to all questions having to do with health promotion: nutrition, encouragement to do physical exercise and logopedic support (to treat speech defects), aid for mentally ill children, etc.



Young People's Dental Service

The dentists of the Health Office lend you a helping hand to preserve or improve your children's dental health. Examinations for early diagnosis are offered in day nurseries and schools as early as from the age of 2 (after the first teeth have come through) and they are continued until the age of 16. As a result of these examinations you and your children are informed whether any of the teeth need treatment, whether teeth or jaws are in malposition or whether gum diseases are already to be noticed. Recommendations for treatment by a dentist or orthodontist are given to the parents in writing.

Hygiene and Environmental Medicine

Here, activities are mainly focused on the prevention of infectious diseases. It is important that transmissible diseases such as tuberculosis, catarrhal jaundice, viral influenza (catarrhal fever) or salmonellosis are found out in good time so as to be able to prevent them from being spread. Before citizens start planned travels abroad they can find out which inoculations are necessary, and in many Health Offices it is even possible for them to be inoculated. Before a person starts working in the food sector she or he is given a first instruction under section 43 1 No. 1 of the Protection against Infections Act. This instruction is necessary to be given to persons who commercially manufacture, treat or offer food for sale and who in doing so come into contact with such food either directly (with their hands) or indirectly (by using objects).

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Persons working in kitchens of restaurants, canteens, cafés or other facilities that offer or the purpose of which is to provide food communally or for some clientele also require this instruction. Both persons merely handling food which has already been packaged and waiters whose job exclusively consists in serving food do not need any health certificate.

The Sociopsychiatric Service

The Sociopsychiatric Service offers help and support

- to people in mental crises,
- to people with problems of addiction,
- to people with mental diseases of old age (e.g. Alzheimer's disease),
- during and after in-patient treatments,
- to members of mentally ill people's families.

Besides the Sociopsychiatric Service is at your disposal if questions that are specifically connected with migration, and in particular mental problems, are concerned. Its advice is free of charge, can be taken without a doctor's referral and is strictly confidential.

The Health Office - a place where Neutral Experts can be contacted

The Health Office issues official certificates and related documents, and it acts as an expert providing opinions. If, for example, an

asylum seeker for reasons of poor health applies for the move from a transitional hostel to a private home or if special medical measures must be taken for her or him, social welfare authorities, as a rule, call the Health Office in to give a medical or psychological opinion. The same applies if the Foreigners' Registration Office wants to have checked whether some person is fit for travelling from the point of view of her or his health or if an asylum seeker's deportation is impeded on account of poor health. It is an important fact that the doctor in the Health Office who issues the expert opinion is not subject to orders or directives. He has special qualifications and is experienced.

The Advice Centre for the Disabled and Handicapped

The Advice Centre for the Disabled and Handicapped in the Health Office offers comprehensive advice to the disabled and handicapped, to people running the risk of becoming disabled or handicapped as well as to persons having the care and custody or being relatives of those. The staff of the Advice Centre is familiar with the diverse communal service providers, and citizens are given support if due to their handicaps they are unable to make arrangements for being helped in everyday life.

2 Health Insurance



Everybody working and living in Germany is legally health-insured. About 90% of the population are legally health-insured.

The health insurance affords financial pro-

tection in case of illness and maternity.

Irrespective of the amount of their monthly contributions, all those insured are provided with the medical care they need.

In case of illness or accident the costs of treatment are paid from health insurance funds.

Who is legally health-insured?

Contributory in terms of health insurance are: blue-collar and white-collar workers, apprentices, unemployed people, students, pensioners, artists and publicists. Contributory are all those employees whose remuneration resulting from their employment amounts to more than 400 euros and to less than 46,800 euros (as per 2005).

Even people who belong to an insured person's family and have their residence in Germany can be covered by this contributory person's health insurance if they have no or only a small income of their own. Children are co-insured in the same way up to a certain age. The age limit depends on whether the children are in a course of training or not. As a matter of principle, children are health-insured in their families up to the age of 18. Every family member is given an insurance card.

On the one hand, the amount of the contribution depends on the financial capacity of the person insured. On the other hand, rates of contribution differ from insurance fund to insurance fund. They, however, do not differ widely. What matters when you choose your health insurance fund is not only the rate of contribution but also the benefits you are entitled to. So it is worthwhile to compare prices and performances when choosing your fund.

The Federal Labour Agency pays the health insurance contributions for the unemployed and for those who draw the unemployment benefit II and payments for livelihood. The insurance starts only on the first day of the period for which the benefit or payment is drawn.

People who are on social welfare get the same benefits as those who are health-insured.

Voluntary legal health insurance

Persons not falling under the obligation to be health-insured and those who just before their withdrawal from working life have belonged to a health insurance fund at least for twelve months without interruption or who over the last five years before their withdrawal from working life at least have belonged to such a fund for 24 months may take out a voluntary insurance under the legal health insurance scheme, provided that their income exceeds the limit for annual employee earnings.

Private health insurance

Self-employed people, civil servants or employees whose gross income exceeds 48,800 euros may take out a private insurance. The benefits the insured person is entitled to are agreed between her or him and the insurer, the agreement taking the form of a contract.

If you are privately insured, you have to pay the costs of treatment and medicines yourself and the private health insurer reimburses them to you later on. The amount of contributions does not depend on your income here, it is rather determined by the benefits agreed.

Insurance cover abroad

Within the framework of international and supranational arrangements, costs of treatment are borne by the legal health insurance funds. Among the parties to such arrangements with Germany figure the state members of the European Union and a number of other countries. If you are abroad, the health insurance cover is only there for those countries with whom a social insurance agreement was concluded. Before you travel abroad be sure to get in touch with your health insurance fund. They will furnish you with a health insurance voucher there.

3 Legal Provisions concerning Medical Care for Migrants



Medical care under the Benefits for Asylum Seekers Act

Asylum seekers, foreigners holding an exceptional leave to re-

main and those obliged to leave the country are entitled to medical care under the Benefits for Asylum Seekers Act. Medical care for beneficiaries as defined by this Act is limited pursuant to its section 3. Benefits for medical care are only granted with acute diseases and in those cases where there is persistent pain.

There are special limits with regard to dental prostheses which can only be granted in exceptional cases, i.e., if the resorting to this remedy cannot be postponed for some medical reason or if consequential harm, such as gastric diseases on account of the lacking ability to chew, threatens in case treatment is omitted. This limitation does not apply to dental treatments such as tooth decay and root canal treatments.

There are, however, certain medical benefits which are granted to refugees without any limitation. Among them figure benefits for pregnant women and preventive medical check-ups. Pregnant women are unrestrictedly entitled to preventive medical check-ups and benefits for delivery and care. Inoculations for both children and adults and certain preventive medical check-ups can be granted, too, even if there is no acute disease.

Asylum seekers are entitled to the following preventive medical check-ups:

- preventive medical check-ups during pregnancy, benefits for both delivery and care after the child has been given birth to
- children's examinations U1 to J1, gynaecological examinations for early diagnosis, annual examinations for early diagnosis of

cancer in women of 20 and over and in men of 45 and over, general health examinations for people of 35 and over (every two years)

- preventive dental check-ups twice a year for children and youths under 18 years of age, and beyond this age the same type of check-up once a year
- inoculations for children; vaccinations against tetanus, diphtheria and poliomyelitis for adults

Asylum seekers receiving benefits under the Benefits for Asylum Seekers Act are given a health insurance voucher by the Social Welfare Office. This voucher must be presented to the doctor and is valid for three months. The Social Welfare Offices are in charge of medical care for those asylum seekers who are not insured with any health insurance fund.

Beneficiaries under section 3 of the above Act do not have to make any co-payments out of their own pockets.

Beneficiaries under section 2 of the Benefits for Asylum Seekers Act get substantial benefits in terms of health care. Holders of an exceptional leave to remain are also entitled to greater benefits after the lapse of three years, as long as they have not given rise to their being prevented from leaving the country.

Like other people getting social benefits, these persons should be insured with a health insurance fund of their choice. If they have taken out such insurance, they will be given a health insurance card. As far as the benefits provided for medical care are concerned, health insurance funds balance accounts with the bodies legally and economically in charge of social welfare.

Beneficiaries under section 2 of the Benefits for Asylum Seekers Act are subject to the provisions governing co-payment out of their

own pockets. Apart from the usual additional contributions, they have to make co-payments for seeing their doctor as well as for medicines and stays in hospital. The legal provisions for cases of hardship apply to them, likewise.

Medical care for people on social welfare

Receivers of social welfare are health-insured if they get the welfare for more than one month. They are given a health insurance card. For those who do not choose a health insurance fund by themselves an application is filed with such a fund by the Social Welfare Office. Health-insured persons are subject to co-payment as provided by law (see chapter 7. Co-payments).

Annual co-payments persons on welfare have to make must not exceed 2% of the social welfare standard rate for the head of a household. A maximum limit of 1% applies to the chronically sick here. If a person (spouse or child of age) who is co-insured with another

member of her or his family is chronically sick, this maximum financial burden applies to the whole family household. When the sum of the co-payments made by all the members of the family living in the same household reaches this upper limit all of them must be released from co-payments for further medical care. Children under 18 years of age are exempted from co-payments.

We recommend you to collect and retain all receipts for co-payments. As soon as the upper limit (2% or in case of people suffering from serious chronic diseases 1%) is reached in the current year you should get in touch with your health insurance fund and apply there for being released from further co-payments for the rest of the year. The proper receipts must be submitted together with the application. Overpaid amounts are reimbursed by the fund.

Care provided by the Family Doctor 4

Medical care can take the form of either out-patient or in-patient treatment. When you fall ill the family doctor is the first person you get in touch with as a rule. In most cases family doctors are specialized general practitioners or general internists. In the first place, their job is to provide primary health care, i.e. to give the first treatment and, if need be, to refer patients to the proper medical specialists.

If you want to see your doctor you have to make an appointment with her or him. In case you are unable to keep the appointment it is necessary for you to contact the doctor and cancel it in time. Should you have to see the doctor because of a sudden

illness you can go there during the consultation hours without a previous appointment. You will, however, have to allow for a possibly longer waiting time then.

The first time you consult a doctor in the current quarter you have to show your health insurance card or the ticket the Social Welfare Office gave you for treatment, and you must pay a surgery fee of 10 euros to the family doctor (or medical specialist).

Patients referred to a specialist by their doctor do not have to pay a further surgery fee



to that specialist. Patients who first see their family doctor and then have themselves referred to some specialist pay just one surgery fee of 10 euros per quarter. No surgery fee is collected for preventive medical check-ups, examinations for early diagnosis and inoculations/vaccinations.

As a matter of principle, the co-payment you have to make for all medical benefits out of your own pocket amounts to a maximum of 10 euros, the minimum being 5 euros. But there are provisions which are meant to avoid hardships and to set limits to the patients' financial contributions: In a given year

these must not exceed 2% of the insured people's gross incomes. For persons suffering from serious chronic diseases the applicable limit is of 1% of the gross income. A disease is considered as being seriously chronic if it is at least treated once per quarter and over a minimum period of one year.

If you are an employed person and become unfit for work on account of some disease, you need a sick note from your doctor. You have to hand in this note to both your employer and your health insurance fund on the third calendar day of the illness at the latest.

5 Care provided by the Dentist



Sound teeth have an immediate effect on our well-being and good bodily health. For this reason, it is absolutely essential to have the oral cavity regularly checked. This way diseases of the gums such as parodontitis and tumors can be diagnosed and treated in time. Dentists recommend check-ups twice a year.

Fear of seeing the dentist is out of place because in giving treatment he will show a great deal of empathy and do his best to cause only little or no pain to you. If you still are afraid of dental treatment, you absolutely should inform your dentist before he starts treating you. Often talking trustfully and openly to him will help to relieve your fear.

Regular dental hygiene is what is most required to prevent diseases of the teeth. Everybody should take out three minutes' time

twice a day to clean her or his teeth with care.

Per year two check-ups are available for adults free of charge. Apart from a thorough examination, the dentist may take further measures for diagnosis and prevention without you having to pay a surgery fee. X-raying, examination of the gums and once a year scaling (i.e. removing dental calculus) belong here. The patient must pay those 10 euros of surgery fee only if further treatment is needed. As a matter of principle, children and youths under 18 years of age are exempted from surgery fees. In the long run, it is worthwhile to see your dentist for a check even from the financial point of view: Those legally health-insured who when needing a dental prosthesis are able to show with their book of bonuses that they underwent at least one check-up per year are granted an allowance which is up to 30% higher than normal. Books of bonuses are available in your den-

tist's surgery.

If you wish dental care for you to be more costly than what is defined as „medically necessary“ by law, e.g. instead of an amalgam filling in your grinder you prefer a synthetic inlay, you should talk to your dentist before treatment.

In case you do so the dentist will make a so-called arrangement on extra costs with you. In this arrangement you as the insured person agree to bear the extra costs arising from the treatment yourself.

Dental prostheses

Should it in spite of everything happen that you loose one of your teeth you need to have it replaced by an artificial prosthesis. Dental prostheses embrace crowns, dentures and bridges. Before you can undergo the treatment to have the prosthesis implanted your health insurance fund must consent to it. To obtain this consent the dentist makes up a therapy and cost plan where the results of the examination of teeth and the steps of treatment are listed among other things.

The therapy and cost plan is submitted to the health insurance fund which then checks whether the prosthesis is necessary and calculates the allowance for you as the insured person.

Since the first of January, 2005 a new allowance system has been valid for dental prostheses. Health insurance funds pay fixed allowances independently of the kind of prosthesis you decide to take. So be sure to inquire of your dentist which dental services are paid by your fund and which not. You personally have to bear a part of the costs. You also have to pay out of your own pocket for additional services deviating from the necessary dental care.

Those who see their dentist at regular intervals are given a fixed allowance which is higher than it would be otherwise. When

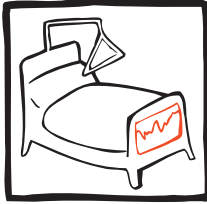
your book of bonuses has been filled in without any gap in between over a period of five years your fixed allowance goes up by 20%, and after ten years by 30%. This allowance can amount to as much as 65% of the costs for the necessary dental care, at the most. This is a good reason to make sure that your book of bonuses does not show any gaps.

Low-income patients will be exempted from having to pay a part of the costs by themselves. Health insurance funds only bear the costs to the amount required for the necessary dental care. Inquire of your fund for the legal provisions for cases of hardship regarding dental prostheses.

Insurance for dental prostheses

Since the first of July, 2005 you have to pay 0.9% of your monthly gross income as an insurance premium for dental prostheses. This additional contribution does not have to be paid by people drawing the unemployment benefit II and by co-insured family members either.

6 Stay in Hospital and Emergency



Patients are sent to hospital by their family doctor (*prescribing hospital care*).

They have to bring along their health insurance card and in case of undergoing an operation as an out-door patient the referral in writing.

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Under certain circumstances public funds bear hospital and ambulance transport costs in cases where:

- The applicant is registered in the corresponding town or city as a resident or she or he stays there.
- The applicant is not health-insured.
- The applicant's livelihood is continuously being subsidized or her or his income and/or assets are not sufficient to make ends meet.

Legal foundation: Granting of aid for the sick under the Social Security Code.

Applications are to be made informally in the Social Welfare Office.

Documents needed to file the application:

- except in emergencies, the referral to hospital written by the family doctor or a specialist has to be shown before going to hospital. This referral must be stamped by the Social Welfare Office (as a rule the stamp is meant to confirm that the welfare office was informed about the hospitalization with a view to achieving that financial means are made available to pay hospital services, rather than to show that financial means are granted).
- a document proving the patient's identity
- a proof of the total income
- a proof of assets and savings deposits the patient may have got
- a proof of the benefits the patient has drawn from social welfare funds
- the tenancy agreement or a proof of the current rent and the accommodation al-

lowance granted

- up-to-date statements of account.

In cases of emergency you are allowed to go to any hospital/doctor. If you are in a situation posing a threat to your life, the doctor must give you treatment or refer you to the right medical facility.

Normal Benefits

As far as the costs of in-patient treatment are concerned, accounts are directly settled with health insurance funds/funding agencies. All necessary medical services are compensated with the general rates for care and the case-based lump sums.

The Patients' Share of the Costs

The legislator provides that members of legal health insurance funds must pay their share of hospitalization costs. At present this contribution in-patients have to pay amounts to 10 euros per day for a maximum of 28 days per calendar year.

Emergency Services

If you need urgent medical treatment at night or at the weekend, you can phone the accident and emergency unit of a hospital or call an emergency physician.

In case of accidents or life-threatening situations call the Emergency Medical Services: You can dial these numbers free of charge! When calling such a number be sure to give the following information:

- **Where** did it happen?
- **What** happened?
- **How many** injured/sick persons are there?
- **Of what nature** are the injuries/diseases?

Wait for further inquiries.

For the most important telephone numbers refer to the annex.

In Brandenburg medicines are only available in chemists' shops (pharmacies) and/or can be obtained directly from the doctor. You will get most of the medicines on a doctor's prescription only.

This kind of medicines is called **prescription-only drugs**. The doctor writes a prescription. Then the prescription is given to the chemist's shop and the patient receives the medicine.

The patient must pay his share of the costs for the medicine.

The maximum amount of this share is 10 euros and the minimum 5 euros.

Pharmacy-only medicines/drugs are available without medical prescription, and you have to pay them out of your own pocket.

Exception: Medicines which do not require prescription and are looked upon as the therapeutic standard in treating a given severe disease are given to children up to the age of 12 free of charge. In your immediate vicinity at least one chemist's shop is in emergency service day and night.

Since 2004 every health-insured person must contribute to covering the costs of medicines, medical aids and remedies as well as consultations in doctors' surgeries and stays in hospital, this co-payment being up to 2% of her or his yearly gross income.

Exception: Low-income households and chronically ill people may apply for an exemption from the obligation to pay.

A person is considered to be chronically ill:

1. if she or he is administered permanent medical treatment (she or he sees the doctor at least once a quarter for the same disease) or
2. in case she or he is in need of care and was put into care category 2 or 3 or
3. if her or his degree of disablement is of at least 60% or her or his fitness for work and earning ability is reduced by at least 60% or

4. if continuous medical care is required because in the physicians' opinion she or he otherwise would be threatened with an aggravation of the disease, reduced expectation of life or permanent deterioration of the quality of life.



This means that patients' co-payment here is limited to 1% of their yearly overall income.

For this reason it is important for you to collect and retain all receipts proving your co-payments, from the surgery fee to the payments you have made for prescriptions. Be sure to keep your personal accounting up-dated and wait for the moment when the payments you have made add up to that 1%. When this moment is reached go to the health insurance fund in charge and have yourself exempted from further co-payments until the end of the year.

8 AIDS and HIV



Treatment and Prevention

HIV: *Human immunodeficiency virus = virus undermining the*

human defence mechanism to the point of deficiency

AIDS: *Acquired Immune Deficiency Syndrome = acquired set of symptoms indicating a deficiency of the defence mechanism*

AIDS is a serious weakness of the bodies' built-in defences caused by HIV. AIDS renders the body defenceless against many disease agents (pathogenic germs) which are easily beaten back by a healthy human being. Diseases coming from the weakness of the bodies' own immune system (opportunistic infectious diseases) will end in death if they remain untreated.

It is very important, therefore, to know whether one has got an HIV infection. Man can only be infected with HIV through certain body fluids (blood, seminal fluid, vaginal fluid and breast milk) containing large amounts of viruses. The risk of contracting this disease is highest in those cases where people have unprotected sexual intercourse or related contacts and when they share the same syringes for the consumption of narcotic (addictive) drugs.

If you want to ask questions about HIV or AIDS you can turn to doctors, municipal health offices, advice centres or AIDS-relief organizations (for the list of addresses refer to the annex).

You can learn there whether some time in the past you ran the risk of being infected, ask questions that bother you and utter fears and uneasy feelings. If during the consultation it turns out that there was in fact a risk

of getting infected with HIV, you can find out for certain about it by undergoing an HIV test. Whether you have the test made or not is left to your free will. The HIV test must not be carried out without your knowing and consent. If you want to rule out the possibility of having been infected with HIV, the test should be made three months after the last risky situation at the earliest. Apart from all this, the adviser knows about ways to protect against HIV (and other diseases which are transmissible by sexual intercourse) and, likewise, he is well-informed about both the supportive services available and the possibilities of medical treatment.

Condoms can prevent you from being infected with HIV. You get them in supermarkets, pharmacies and other chemists' shops and in filling stations as well as from vending machines/slot machines.

Assistance in case of Violence against Women and Girls

9

Acts of violence are criminal offences – and it does not matter here whether they are committed in domestic surroundings or in public. For this reason, violence used by relatives or companions in life (cohabitants, common law spouses) is to be dealt with just the same way as violence in public. The criminal prosecution of acts of violence substantially contributes to the prevention of future violence because this way it is made clear to the violent offender that society does not put up with or accept his behaviour.

Violence against women and girls, above all, can concern the following criminal offences:

- insult
- sexual coercion, rape
- trespass (breach of domestic peace)
- maltreatment of those under one's protection
- wilful damage to property (children)
- coercion
- bodily harm (assault)
- invasion/violation of privacy (menace)
- attempted murder and homicide (manslaughter)
- wrongful deprivation of personal liberty

As a rule criminal proceedings start with a charge or say the report of an offence to the competent authorities. Such a report is the information about a suspicion which can be given to the Police, the Public Prosecution Department or the Local Courts orally, by phone or in writing not only by the injured but also by any other person. Apart from the general points of law applying to everybody additional legal questions are of importance for female migrants. Those additional legal points derive from these migrants' legal status in terms of residence or stay. Independently of their country of origin the Protection against Violence Act ensures, however, that German Law is applicable at all events.

What does this mean in your case?

- Because of the particular problems posed

by the law governing residence or stay we must strongly recommend you to seek advice (either in advice centres or from the agents entrusted with foreigners' affairs or from female or male lawyers).



- You do not have to fear that your calling the police could entail disadvantages for you. So do it at any rate to protect your children and yourself and to have evidence secured. Even if the police resorts to banishing the offender from your place for ten days this will not affect your right of residence in any way.
- If you run away and take shelter in a women's refuge (see the list of addresses) this will not be to your detriment either.
- If you have a residence right which depends on your marriage being of lasting duration, you may file applications under the sections 1 and 2 of the Protection against Violence Act, irrespective of the duration of the marriage in Germany. These applications will have a bearing on your legal status of residence or stay only when marital cohabitation is definitely not continued any longer, with the marriage being divorced.
- For female migrants having no status of residence or stay of their own it is particularly important to have all injuries documented by a doctor (female or male) in order that the special hardship they have suffered can be proven if need be. So see a female or male doctor (at the weekend: the emergency service) and have your injuries documented.
- If you live in a hostel and are in a situation of domestic violence, it is possible to separate you locally from the person resorting to violence. This way the violent person is prevented from getting hold of you once more. To protect you the person concerned can be transferred to another hostel of the same or even to another rural district.

GB

10 Psychotherapy



Psychotherapy is „Therapeutics of the Mind“.

It is the competent and skilled help for people with mental or mentally

based ailments.

People who on account of their *difficulties, disorders, symptoms* and *problems* find it hard to manage things in their lives and who are no longer able to get along alone or with the help they get from persons they are familiar with and who serve them as attachment figures seek psychotherapeutic support.

Mental ailments may manifest themselves in any sphere of human life: in partnership, in sexuality, in working life and in the attitude towards life. They may appear in manifold ways.

A psychotherapy can help!

You can speak about yourself and your concern in a protected environment. Thus you are afforded an opportunity to allow bitter experience, frightening thoughts and memories, positive and negative feelings and ideas to spring up in your mind during the conversation (and when you are by yourself, that is alone).

The particular setting of the conversation (among other things fixed dates at regular intervals, neutrality of the therapist) allows unconscious conflict patterns to be consciously cleared up.

This way you are able to see those interrelations between the disorder and its causes which you can not identify, bear or master on your own and with your own effort of will.

So psychotherapy comprises the working out of new solutions and behaviour patterns for the dealing with oneself and others. The fact that a mental disease does not only involve mental work but also may turn out to be a source of fresh power is an important and encouraging experience.

Source: German Psychoanalytic Society

It is important for you to know that there are three therapeutic methods that in Germany are recognized by the legal health insurance funds:

- psychoanalytic therapy
- depth-psychology based psychotherapy
- behaviour therapy.

These three methods are equally good in quality. For the patient it is essential to talk things over with the therapist and to determine which therapy suits best in her or his case.

All the other therapies, such as gestalt psychotherapy (also called configurationism), psychodrama, family therapy, bioenergetics, body psychotherapy etc., are not recognized by the health insurance funds. This is the reason why the costs of psychotherapies of the latter type are not reimbursed to members of legal health insurance funds. Among other things methods of psychotherapy differ in the number of treatment hours which are required and consented to by health insurance funds. On principle, the following applies: psychotherapists holding a licence for behaviour therapy or depth-psychology based psychotherapy are allowed to invoice up to 100 hours for one patient as a rule, whereas a psychotherapist with a licence for psychoanalysis can bill up to 300 hours per patient.

Just as important as the therapeutic method is this element: you should feel well from the first conversation with the therapist on. If no mutual confidence is built up in the first few sessions, you should go and find another psychotherapist.

The first two hours of treatment are called the *probatory*, i.e. preparatory, sessions. It is then that the therapist gives you the diagnosis and, if so required, the indication for treatment.

After the probatory sessions with a psychotherapist, and at any rate before she or he tackles the treatment as such, you have to

see a doctor, e.g. your family doctor. The latter finds out whether some physical disease requiring additional medical treatment is also there.

Legal health insurance funds take over the costs of psychotherapy exclusively in such cases where a psychic disorder showing the *hallmarks* or say identifying characteristics of a disease is there. Guidance and counselling to overcome difficulties in life, marriage or upbringing and education do not figure among the benefits provided by these funds. How do I find the right female or male therapist? Refer to the classified telephone guide *Yellow Pages* (Gelbe Seiten): You will find the addresses and telephone numbers of psychotherapists either at the *Yellow Pages* of your place of residence or at the homepage of the *Kassenärztliche Vereinigung* (Association of Doctors on the Register of the National Health Insurance Scheme) (www.kvbb.de).

11 Chart of Preventive Medical Check-Ups and Inoculations

Early Diagnosis of Cancer

Examination	Age	Sex	Frequency	Comments	Further Information
examination of genitals	from the age of 20 on	women	yearly	<ul style="list-style-type: none"> - keeping a systematic medical history (e.g. questions about menstruation disorders, discharges) - inspection of the neck of the womb (cervix) - cancer smear test and cytologic examination - gynaecological touch examination (palpation) 	guideline on the early diagnosis of cancer internet: www.g-ba.de
examination of the prostate gland examination of genitals	from the age of 45 on	men	yearly	<ul style="list-style-type: none"> - keeping a systematic medical history - inspection and touching of the external sexual organs (genitals) - touching of the prostate gland - touch examination of the regional lymph nodes 	
examination of breast and skin	from the age of 30 on	women	yearly	<ul style="list-style-type: none"> - keeping a systematic medical history (e.g. questions about alterations of/discomfort with the skin and breast) - inspection and touching of the breast and the regional lymph nodes, which also includes guidance for women on how to examine their own skin and breast 	
examination of the skin	from the age of 45 on	men	yearly	in combination with the examination of the genitals / prostate gland	
examination of the large intestine (colon) and the rectum (terminal part of intestine)	from the age of 50 on	women and men	yearly	<ul style="list-style-type: none"> - systematic advice - rectal touch examination - test to find hidden (occult) blood in the stool (faeces) (yearly until the age of 55) 	

GB

Examination	Age	Sex	Frequency	Comments	Further Information
enteroscopy (inspection of the intestine with an instrument)	from the age of 55 on	women and men	two examinations with a ten-year interval in between	<ul style="list-style-type: none"> - systematic advice - two enteroscopies, the second one being performed 10 years after the first one, or every two years a test to find hidden blood in the stool 	guideline on the early diagnosis of cancer internet: www.g-ba.de
mammography-Screening	from 50 to 69 years of age	women	every two years	<ul style="list-style-type: none"> - invitation to take part in a certified screening - information - x-raying of breasts with mammography 	

Health check-up

Examination	Age	Sex	Frequency	Comments	Further Information
check-up	from the age of 35 on	women and men	every two years	<p>Early diagnosis of often occurring diseases, such as affections of the heart and the blood circulation (cardio-vascular diseases), ailments of the kidneys and diabetes (mellitus).</p> <p>Among other services this embraces:</p> <ul style="list-style-type: none"> - keeping a medical history - and here, in particular, health risk profiling - clinical examination (examination of the body including the taking of blood pressure) - blood tests and analyses of urine - providing advice on the basis of the results 	guideline on the health check-up internet: www.g-ba.de

Preventive Dental Examinations

Examination	Age	Sex	Frequency	Comments	Further Information
examination to find ailments of teeth, mouth and jaws	- until 6 years of age - from 6 to 18 years	girls and boys	- three times until the age of 6 - once per halfyear from 6 years on	assessment of the risk of tooth decay - advice regarding mouth hygiene - inspection of the inner mouth (oral cavity) - motivating patients to undergo prophylaxis	guideline on examinations for early diagnosis and guideline on individual prophylaxis internet: www.kzbv.de
preventive examinations of teeth	from the age of 18 years on	women and men	once per calendar halfyear	- thorough examination - examination according to the book of bonuses The points just mentioned also apply when in the same session scaling (removal of scale/tartar) [but only once to the debit of the legal health insurance fund], x-raying or a sensibility test is performed or the PSI code established.	section 30 par. 2 sentence 4 and section 5 of the Social Security Code V (until Dec. 31, 2004; and from Jan. 1, 2005 on: section 55 par. 1 sentences 4 and 5)

Preventive Examinations during Pregnancy

Examination	Further Information
<p>Health care in pregnancy (prenatal care) embraces the diagnosis of pregnancy (cyesiognosis) as well as care during pregnancy and after delivery (accouchement). In this connection, health care means that the pregnant woman has to be examined and given advice, e.g. concerning health risks or nutrition. Female and male doctors, midwives and health insurance funds act together.</p> <p>Preventive measures include:</p> <ul style="list-style-type: none"> - diagnosis and supervision of high-risk pregnancies - ultrasonic diagnostics - serological analyses to identify infectious diseases - examining of and giving advice to the woman in childbed (puerpera). 	<p>guideline on maternity</p> <p>internet: www.g-ba.de</p>

Examinations of Children and Youths

Children and youths until the age of 18 are exempted from the payment of surgery fees. Legal health insurance funds assume the costs of a number of measures of early diagnosis and prevention with children and youths. Immediately after childbirth, parents are given a booklet either in hospital or in the paediatrician's surgery. This booklet contains an exact schedule of the examinations the child will have to undergo.

Examination	Age	Sex	Frequency	Comments	Further Informationen
U-type examinations	from birth until the age of 6 years	girls and boys	the measures of early diagnosis with children in the first 6 years of their lives include nine examinations as a whole (U 1 to U 9)	The first examination is carried out immediately after birth. The physical and mental development of the child is studied here. Among other things, female and male doctors search for and/or have a close look at: <ul style="list-style-type: none"> - disorders in the newborn period - inborn (innate) metabolic disorders - developmental and behaviour disorders - sensory organs, the respiratory system and the digestive system - the teeth, the jaws and the mouth - the skeleton and the musculature (system of muscles) 	guidelines on children internet: www.g-ba.de
J-type examinations	between the 13 th and 14 th year of life	girls and boys	one examination	In keeping a medical history special emphasis is made, among other things, on: <ul style="list-style-type: none"> - eye-catching mental development / behaviour disorders - behaviour posing a risk to health (smoking, consumption of alcohol, taking of drugs) - the young person being non-achieving at school; clinical examinations of the body, among others: <ul style="list-style-type: none"> - taking the person's body measurements - establishing disorders of growth and physical development - identifying diseases of the throat, the organs of the chest (thoracic cavity) and the abdominal organs. 	young people's health check internet: www.g-ba.de

Inoculations

Inoculations can be paid for by health insurance funds which then refer to them as benefits under the by-laws. This will say that there are no uniform rules of law that would govern the benefits health insurance funds have to grant for inoculations. Even though you cannot generally take it for granted that health insurance funds take over the costs of those inoculations the Permanent Commission for Inoculation recommends for babies, children and youths, they will pay them as a rule. Apart from this, there is a number of inoculations for adults where the funds assume the costs. But they will not pay if you have yourself vaccinated on account of a travel that is in the offing.

Kind of Inoculations	Age Group	Comments	Further Information
Regular inoculations for babies, children and youths	inoculations which according to the recommendations by the Permanent Commission for Inoculation should be administered to every child	<ul style="list-style-type: none"> - hepatitis B, - diphtheria, - tetanus - poliomyelitis (regular inoculation also with adults having had no basic immunisation so far) - haemophilus influenzae, type B - pertussis (whooping cough) - measles, mumps, rubella (German measles) - varicella zoster infection (chickenpox) 	Reports on Health by the Federal Government, issue 1, Recommendations by the Permanent Commission for Inoculation
booster inoculations (the appropriate provisions in the by-laws differ here from fund to fund)	inoculations which in adults should be either repeated for boosting or given for the first time where the basic vaccination is missing	<ul style="list-style-type: none"> - diphtheria (recommended every 10 years) - tetanus 	internet: www.rki.de
indicated inoculations (the appropriate provisions in the by-laws differ here from fund to fund)	inoculations both in cases where a specific person and her or his relatives are at a higher risk of contracting a certain disease and when people belonging to certain age or high-risk groups are concerned	<ul style="list-style-type: none"> - influenza (standard vaccination for people of 60 years and over) - pneumococccic infection (standard (vaccination for people of 60 years and over) - early estive (= spring-summer) meningo-encephalitis - haemophilus influenzae, type B - hepatitis A and B, - rabies - meningococcus infection - poliomyelitis - varicella (chickenpox) - rubella (German measles), - pertussis (whooping cough) 	

12 Adressenverzeichnis

D



Notrufnummern
Emergency Telephone
Numbers
Numéros d'appels
d'urgence
Vážni telefoni

Numery pogotowia ratunkowego
Экстренная помощь
Các số gọi khẩn cấp

110 (kostenlos und rund um die Uhr)
Polizeinotruf
Emergency call to the Police
Numéro d'urgence de la police
Policja
Policijska dežurna služba
Полиция
Công an

112 (kostenlos und rund um die Uhr)
Feuerwehrnotruf
Emergency call to the Fire Brigade
Numéro d'urgence pour sapeurs-pompiers
Straž požarna
Vatrogasna služba
Пожарная охрана
Cứu hỏa

030 19240
Giftnotruf
Poisoning emergency call
Numéro d'urgence en cas d'empoisonnement
Pogotowie na wypadek zatrucia
Toksikologija
Отравления
Cấp cứu độc dược

0800 11 10 111 (kostenlos rund um die Uhr)
0800 11 10 222 (kostenlos rund um die Uhr)
Telefonseelsorge
Pastoral care crisis line
Numéros dans les cas de détresse
Telefon zaufania
Telefon za pomoć ljudima u psihičkoj krizi
Телефон доверия
Điện thoại chăm sóc tinh thần

Gesundheitsämter im Land Brandenburg
Local Health Offices in the State
of Brandenburg
Les agences de santé publique à
Brandebourg
Urzędy Zdrowia w landzie Brandenburgia
Zdravstvene službe u Brandenburg-u
Органы здравоохранения земли
Бранденбург
Các sở y tế trong bang Brandenburg

Landesgesundheitsamt
Wünsdorfer Platz 3
15838 Wünsdorf
Tel.: 033702 71100

Landkreis Barnim
Heegermühler Straße 75
16225 Eberswalde
Tel.: 03334 214 601

Landkreis Dahme-Spreewald
Schulweg 13
15711 Königs Wusterhausen
Tel.: 03375 262145

Landkreis Elbe-Elster
Grochwitzter Straße 20
04916 Herzberg/Elster
Tel.: 03535 463-101/463-100 oder 463-117

Landkreis Havelland
Forststraße 45, Haus A
14712 Rathenow
Tel.: 03385 5517101

Landkreis Märkisch-Oderland
Puschkinplatz 12
15306 Seelow
Tel.: 03346 850627

Landkreis Oberhavel
Havelstraße 29
16515 Oranienburg
Tel.: 03301 601752

Landkreis Oberspreewald-Lausitz

Großenhainer Straße 30 i
01968 Senftenberg
Tel.: 03573 8704301

Landkreis Oder-Spree

Liebknechtstraße 21/22
15848 Beeskow
Tel.: 03366 351-531oder -530

Landkreis Ostprignitz-Ruppin

Neustädter Straße 44
16816 Neuruppin
Tel.: 03391 688-0 oder -263

Landkreis Potsdam-Mittelmark

Niemöllerstraße 1
14806 Belzig
Tel.: 033841 91297

Landkreis Prignitz

Wittenberger Straße 45
19348 Perleberg
Tel.: 03876 713500

Landkreis Spree-Neiße

Heinrich-Heine-Straße 1
03149 Forst (Lausitz)
Tel.: 03562 986153-01 oder -00

Landkreis Teltow-Fläming

Am Nutheýieß 2
14943 Luckenwalde
Tel.: 03371 6083801

Landkreis Uckermark

Karl-Marx-Straße 1
17291 Prenzlau
Tel.: 03984 701153

Stadtverwaltung Brandenburg

Neuendorfer Straße 89
14770 Brandenburg an der Havel
Tel.: 03381 585-301 oder -300

Stadtverwaltung Cottbus

Puschkinpromenade 25
03046 Cottbus
Tel.: 0355 6123210

Stadtverwaltung Frankfurt (Oder)

Leipziger Straße 53
15230 Frankfurt (Oder)
Tel.: 0335 5525302

Stadtverwaltung Potsdam

Hegelallee 6-8
14469 Potsdam
Tel.: 0331 2892351

**HIV/Aids Schwerpunktpraxen/
Ärzte, Beratungsstellen**

**Surgeries / physicians and advice
centres specializing in (placing main
emphasis on) HIV/AIDS**

**Cabinets Médicaux spécialisés pour
le sida, bureaux de conseil**

**Poradnie, gabinety lekarskie i lekarze wy-
specjalizowani w dziedzinie HIV i Aids**

Zdravstvene ordinacije za

HIV/Sidu/Ljekari, savjetovališta

**Медицинские кабинеты, врачи,
консультирующие по вопросам
ВИЧ/СПИДа.**

**Các phòng khám, bác sỹ, trung tâm tư
vấn chuyên về HIV/Aids**

Klinikum „Ernst von Bergmann“

OA Dr. Güthoff

Infektionsambulanz und Schwerpunktpraxis
In der Aue 59-61
14480 Potsdam
Tel.: 0331 2418343

Klinikum Frankfurt (Oder) GmbH

Müllroser Chaussee 7
15202 Frankfurt (Oder)
Tel.: 0335 5480

Karl-Thiem-Klinikum Cottbus

Thiemstraße 111
03050 Cottbus
Tel.: 0355 460

Schwerpunktarzt**Dr. Markus**

Leipziger Straße 18
15232 Frankfurt (Oder)
Tel.: 0335 558980

AIDS-Hilfe Potsdam e.V.

Schulstraße 9
14482 Potsdam
Tel.: 0331 5813227
Beratungstelefon: 0700 44533331

Belladonna e.V.

Heinrich-Hildebrandt-Straße 22
15232 Frankfurt (Oder)
Tel.: 0335 534988

AIDS-Beratung des DRK

Bahnhofstraße 8
15711 Königs Wusterhausen
Tel.: 03375 297879

Kinder- und Jugendgesundheitsdienst
Health services for children and youths
Le service de santé public pour jeunes
et enfants

Śłużba zdrowia dla dzieci i młodzieży
Zdravstvene ustanove za djecu i mlade
Служба здравоохранения для детей
и подростков

Dịch vụ y tế dành cho trẻ em và thanh
thiếu niên

ist den 18 Gesundheitsämtern des Landes
angegliedert
Kinder- und Jugendnotdienste
(täglich von 0-24.00 Uhr erreichbar)

Kinder- und Jugendnotdienst

Puschkinallee 14
14469 Potsdam
Tel.: 0331 295499

Kinder- und Jugendnotdienst

Haus des Kindes
Berliner Straße 27
17291 Prenzlau
Tel.: 03984 866100

Kinder- und Jugendnotdienst „Anker“

Pillgramer Straße 10
15236 Frankfurt (Oder)
Tel.: 0335 540388

**Kinder- und Jugendnotdienst +
Claeringruppe für Kinder & Jugendliche**

Maxim-Gorki-Straße 25
15890 Eisenhüttenstadt
Tel.: 03364 418914

Kinder- und Jugendnotdienst

Notschutzstelle
Freiherr-v.-Stein-Platz 15
01979 Lauchhammer/Ost
Tel.: 03574 2545

Kinder- und Jugendnotdienst

Neustädtische Wassertorstraße 16-17
14776 Brandenburg an der Havel
Tel.: 03381 522091

Inobhutnahme/Krisenintervention

Friedrich-Ebert-Straße 31
14548 Caputh
Dortustraße 45
Geschäftsstelle SHBB
14467 Potsdam
Tel.: 0331 601088-0

**kostenfreie Telefonnummern des
Kinder- und Jugendschutzbundes**

nord-östliche Landesteile:
Tel.: 0800 5 578336
süd-westliche Landesteile:
Tel.: 0800 1110333 (Mo-Fr 15-19 Uhr)

Frauenhäuser/-schutzwohnungen
Women's refuges /
flats were women can find shelter

Centres de refuge spécialisés pour femmes, maisons de refuge pour femmes
Domy dla kobiet, domy ochronne dla kobiet
Sigurne zenske kuće
Приюты и убежища для женщин
Các nhà/căn hộ bảo vệ phụ nữ

Brandenburg a. d. Havel Tel.: 03381 301327

Cottbus Tel.: 0355 712150

Eberswalde Tel.: 03334 360222

Eisenhüttenstadt Tel.: 03364 43786

Finstertal Tel.: 03531 703678

Frankfurt (Oder) Tel.: 0335 6840000

Fürstenwalde Tel.: 03361 57481

Guben Tel.: 0160 91306095 (Funk)

Königs Wusterhausen Tel.: 03375 501692

Lauchhammer Tel.: 03574 2693

Luckenwalde Tel.: 03371 633291

Ludwigsfelde Tel.: 03378 512939

Neuruppin Tel.: 03391 2303

Oranienburg Tel.: 03301 208040

Petershagen Tel.: 033439 54452

Potsdam Tel.: 0331 964516

Prenzlau Tel.: 03984 6894

Pritzwalk Tel.: 03395 700881

Rathenow Tel.: 03385 503615

Schwedt Tel.: 03332 411967

Wittenberge Tel.: 03877 403684

Anerkannte Schwangerschaftskonfliktberatungsstellen im Land Brandenburg
Recognized centres in the State of Brandenburg providing advice to pregnant women in conflict
Centres de conseils et d'orientation pour femmes ayant des conflits de grossesse
Uznane poradnie dla niezdecydowanych kobiet w ciąży
Priznata savjetovališta za trudnice v konfliktnim situacijama
Официальные консультативные пункты в конфликтных ситуациях, связанных с беременностью в Земле Бранденбург
Các trung tâm tư vấn được công nhận về xung đột trong thời gian mang thai ở bang Brandenburg

Landkreis Barnim

AWO Kreisverband Eberswalde e.V.
Tel.: 03334 34547

DRK Kreisverband Niederbarnim e.V.
Tel.: 03338 769970

Donum Vitae in Berlin-Brandenburg e.V.
Tel.: 03334 382564

Landkreis Dahme-Spreewald

AWO Regionalverband
Brandenburg Süd e.V.
Tel.: 03544 6440

DRK Kreisverband Fläming-Spreewald e.V.
Tel.: 03375 218981

Diakonisches Werk des Kirchenkreises
Lübben e.V.
Tel.: 03546 187472

Landkreis Dahme-Spreewald
Gesundheitsamt
Tel.: 03546 201784

Landkreis Elbe-Elster

Diakonisches Werk Elbe-Elster e.V.
Tel.: 03535 21221

Landkreis Elbe-Elster Gesundheitsamt
Tel.: 03531 790126

Landkreis Elbe-Elster Gesundheitsamt
Tel.: 035341 978713

Landkreis Havelland

Landkreis Havelland Gesundheitsamt
Tel.: 03321 403-5341

Landkreis Märkisch-Oderland

Beratung und Lebenshilfe e.V.
Evang.-Freikirchliche
Beratungsarbeit Berlin-Brandenburg
Tel.: 033638 83160

DRK Kreisverband Strausberg e.V.
Tel.: 03341 27795

Pro Familia Landesverband
Brandenburg e.V.
Tel.: 03344 3597

Landkreis Oberhavel

Beratung und Lebenshilfe e.V.
Evang.-Freikirchliche Beratungsarbeit
Berlin-Brandenburg
Tel.: 03307 310012

DRK Kreisverband Gransee e.V.
Tel.: 03306 796919
DRK Kreisverband Oranienburg e.V.
Tel.: 03302 204619

Landkreis Oberspreewald-Lausitz

Pro Familia Landesverband
Brandenburg e.V.
Tel.: 03573 794930

Beratung und Lebenshilfe e.V.
Evang.-Freikirchliche Beratungsarbeit
Berlin-Brandenburg
Tel.: 03541 712680

Landkreis Oder-Spree

Demokratischer Frauenbund
Landesverband Brandenburg e.V.
Tel.: 03366 22654

Pro Familia Landesverband
Brandenburg e.V.
Tel.: 03364 61060 oder
Tel.: 03361 349917

Landkreis Ostprignitz-Ruppin

AWO Kreisverband Ostprignitz-Ruppin e.V.
Tel.: 033971 72085

Initiative Jugendarbeitslosigkeit
Neuruppin e.V.
Tel.: 03391 398392

Landkreis Ostprignitz-Ruppin
Gesundheitsamt
Tel.: 03394 465109

Landkreis Potsdam-Mittelmark

Medizinische Einrichtung GmbH Teltow
Tel.: 03328 427258

Pro Familia Landesverband
Brandenburg e.V.
Tel.: 033841 32724

Landkreis Prignitz

Landkreis Prignitz, Gesundheitsamt
Tel.: 03395 300637

Pro Familia Landesverband
Brandenburg e.V.
Tel.: 03877 70782

Landkreis Spree-Neiße

DRK Kreisverband Guben e.V.
Tel.: 3561 628-1118 oder 628-1110

DRK Kreisverband Spremberg e.V.
Tel.: 03563 93361

Landkreis Spree-Neiße, Gesundheitsamt
Tel.: 03562 98615353

Landkreis Teltow-Fläming

AWO Wohnstätten gGmbH „Fläming“
Tel.: 03372 404557

AWO Wohnstätten gGmbH „Fläming“
Tel.: 03371 627914

Pro Familia Landesverband
Brandenburg e.V.
Tel.: 03378 874280

Landkreis Uckermark

Demokratischer Frauenbund
Landesverband Brandenburg e.V.
Tel.: 03331 33528

Evang. Jugend- und Fürsorgewerk
Beratungsstelle „Lichtblick“
Tel.: 03984 87440

Pro Familia Landesverband
Brandenburg e.V.
Tel.: 03332 515100

Pro Familia Landesverband
Brandenburg e.V.
Tel.: 03987 53727

Kreisfreie Stadt Brandenburg

Donum Vitae in Berlin-Brandenburg e.V.
Tel.: 03381 794480

Evangelisches Jugend- u. Fürsorgewerk
Tel.: 03381 2122890

Pro Familia Landesverb. Brandenburg e.V.
Tel.: 03381 295470

Kreisfreie Stadt Cottbus

Demokratischer Frauenbund
Landesverband Brandenburg e.V.
Tel.: 0355 4947991

DRK Kreisverband
Cottbus-Spree-Neiße-West e.V.
Tel.: 0355 427771

Kreisfreie Stadt Frankfurt (Oder)

Stadt Frankfurt (Oder) Gesundheitsamt
Tel.: 0335 5525324

Pro Familia Landesverband
Brandenburg e.V.
Tel.: 0335 325365

Kreisfreie Stadt Potsdam

DRK Kreisverband
Potsdam/Zauch-Belzig e.V.
Tel.: 0331 2011-891 oder 2011-893

Diakonisches Werk Potsdam e.V.
Tel.: 0331 2807320

Pro Familia Landesverband
Brandenburg e.V.
Tel.: 0331 860668

**Gesundheitseinrichtungen
und Beratungsstellen**
**Medical Care Facilities and
Advice Centres**
Institutions de santé et bureaux/conseil
Instytucje zdrowotne i poradnie
Zdravstveni centri i savjetovališta
**Учреждения здравоохранения
и консультации**
Các cơ quan y tế và trung tâm tư vấn

Kassenärztliche Vereinigung

Gregor-Mendel-Straße 10/11
 14469 Potsdam
 Infodienst: 0331 2309-230
 Patiententelefon: 0331 2309-225
 info@kvbb.de: Bekanntgabe der aktuellen
 Notfallärzte

Kassenzahnärztliche Vereinigung

Helene-Lange-Straße 4-5
 14469 Potsdam
 Patientenberatung: 0331 2977-115
 0331 2977-304

Verbraucherzentrale Brandenburg

Beratungstelefon: 0180 5770600
 Landesweites Servicetelefon: 0180 5004049

Projekt FaZIT / REIS

Kirschallee 7
 14469 Potsdam
 Tel.: 0331 9676254
 0331 5053378

Belladonna e.V.

Fachberatungsstelle für Opfer von
 Menschenhandel
 Aids-Prävention im grenzüberschreitenden
 Raum
 Postfach 16 52
 15206 Frankfurt (Oder)
 Tel.: 0335 534988
 0172 9269524

AWO Kreisverband

Potsdam-Mittelmark e.V.
 Interkulturelle Suchtprävention und
 -beratung für junge Menschen
 Potsdamer Straße 62
 14513 Teltow
 Tel.: 03328 339777

GiBB e.V.

Gemeinsam in Berlin-Brandenburg
 Hilfen für suchtgefährdete oder
 abhängigkeitskranke russischsprachige
 Jugendliche und ihre Eltern
 Schloßstraße 1
 14467 Potsdam

Autonomes Frauenzentrum Potsdam

Gruppe Black Flowers
 Beratung für MigrantInnen und
 ihre Angehörigen
 Zeppelinstraße 189
 14471 Potsdam
 Tel.: 0331 901313
 Frauenzentrum.Potsdam@t-online.de

Opferperspektive e.V.

Schloßstraße 1
 14467 Potsdam
 Tel.: 0171 1935669
 info@opferperspektive.de

Opferhilfe

Gutenbergstraße 15
 14467 Potsdam
 Tel.: 0331 2802725

Flüchtlingsrat Brandenburg

Eisenhartstraße 13
 14469 Potsdam
 Tel./Fax: 0331 716499

**Ausländerbeauftragte des
Landes Brandenburg**

Heinrich-Mann-Allee 103
 14473 Potsdam
 Tel.: 0331 8665902