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## Health

### Information for asylum seekers

#### Medical care

You are not covered by health insurance during the asylum procedure, but the social welfare office guarantees basic medical care.

Asylum seekers are entitled to

- officially recommended vaccinations
- Preventive medical check-ups (pregnancy)
- basic medical care (medical services that are essential to "safeguard health")

See a doctor if you are ill or in pain.

- are ill or in pain.
- are pregnant.
- are chronically ill (e.g. diabetes, epilepsy, mental illness).

■ If you are taking medication or already have medical reports from a doctor or hospital, take these with you when you visit the doctor.

You can find information in various languages [here](#).

#### Sickness certificate

If you are ill, you must first go to the social welfare office and obtain a sickness certificate. Only in an emergency do you go directly to a doctor or hospital.

There is a sickness certificate for the general practitioner (family doctor) and one for the dentist.

If you then need to see a specialist, the family doctor will give you a referral.

Every quarter (January-March, April-June, July-September, October-December) you must obtain new sickness certificates from the social welfare office.

#### Surgery, psychotherapeutic treatment and dental treatment

If an operation is necessary, the doctor must write a medical certificate. You take this to the social welfare office. The operation must be authorised by the social welfare office, otherwise it will not be paid for. The social welfare office must also say yes to psychotherapeutic treatment.

If you have toothache, the treatment will be paid for. Dentures are usually not authorised. Treatment for children is covered, but you have to pay a co-payment for braces. This will be reimbursed if the treatment goes well.

#### Health insurance

When asylum seekers have been in Germany for 18 months, almost all of them are given health insurance. The social welfare office pays for this. You can choose a statutory health insurance provider. If you have a [residence permit](#) and move to the [job centre](#), you must register with a health insurance company. There you will receive an insurance card. You will then be entitled to the same benefits as all residents in Germany.



## Stadt Fürth

### **Office for Social Affairs, Housing and Senior Citizens' Affairs - Asylum seeker assistance**

📍 Königsplatz 2, 90762 Fürth, Erdgeschoss, Zimmer 21-23



## Landkreis Fürth

If you live in the district, go to the clerk responsible for the municipality where you live:

### **Landkreis Fürth - Soziale Hilfen - Landratsamt Fürth**

📍 Stresemannplatz 11, 90763 Fürth, Zimmer 206-209

If you live in the AnKER centre in Zirndorf, you will find medical care on site. There are consultation hours for general practitioners, gynaecologists, paediatricians and the psychological service. Check the notices and talk to the local [refugee and integration counselling](#) service.

Sickness certificates are available from

### **District of Fürth - Social Assistance (in the AnKER centre in Zirndorf)**

📍 Rothenburger Str. 31, 90513 Zirndorf

☎ [09119693400](tel:09119693400)

🕒 Monday - Friday 09.00 - 12.00 hrs

## General information

Germany has a good and reliable healthcare system if you are ill. Signposts provide information on the [healthcare system](#) and individual [topics](#) in various languages, including [videos](#). As an EU citizen, you can obtain information from the [EU Equal Treatment Centre](#). You can [find](#) information about the human body, sexual health, pregnancy and much more in various languages.

Doctors, hospitals and their staff are obliged to maintain confidentiality. This means that you are not allowed to tell others about your state of health, examination results or life circumstances if you do not want to, not even your family. This also applies to counselling centres. You are free to choose your doctor, counselling centres are free of charge.

Everyone in Germany needs [health insurance](#). As an employee, you are compulsorily insured, including trainees. Spouses and children who earn little or no money are covered by family insurance. If you are self-employed, you must take out private insurance. You pay contributions for health insurance, which are calculated on the basis of your income. This means that when you go to the doctor, you do not have to pay for treatment. You can find health insurance companies in the city and district of Fürth [here](#). Information on health insurance for EU citizens

in several languages can be found [here](#).

■ You must always take your health insurance card with you to the doctor's surgery or hospital!

If you are working, attending a language course or are at the [job centre](#), you must inform them immediately that you are ill. Ask the doctor to give you a sick note (AU certificate). The original is for you. Send a copy to your employer, the language course provider or the job centre and a copy to your health insurance company.

If you are in the asylum procedure, you can find information [here](#).

## Visit to the doctor and hospital

Always take your health insurance card with you when you go to a doctor's surgery or hospital! If you do not speak German well, take friends who speak German or a [language helper](#) with you. It is important that you understand the doctor well. Ask if you do not understand something. You can search for doctors' surgeries, pharmacies and healthcare practices with special language skills in the city of Fürth and the district of Fürth [here](#), in Nuremberg [here](#).

## General practitioners and specialists

If you are physically or [mentally ill](#), go to your family doctor (general practitioner). You can choose the doctor yourself. If possible, make an appointment. The opening hours of doctors' surgeries vary.

General practitioners carry out the most important examinations and are the first port of call if you are ill. They will prescribe the necessary medication or send you for further specialist examinations.

If necessary, your GP will give you a referral to a specialist (e.g. orthopaedist, urologist, psychologist). These specialists specialise in a particular medical field, can carry out special examinations and take over further treatment. It is good if the family doctor receives all the examination results.

## Paediatricians

Children are usually examined by paediatricians. Regular [check-ups](#) and [vaccinations](#) at the paediatrician are important for your child's health and are free of charge.

The check-ups are called U-examinations and are carried out at a specific time. Every child receives a yellow U-booklet with the dates and times. In Bavaria, the U1-U9 examinations are mandatory. You need the U-booklet to register at a [daycare centre](#). Vaccinations are entered in the immunisation record.

Paediatric practices in the city and district of Fürth can be found [here](#).

## Dentists

If you have a toothache, go to a dentist. Dental treatment is paid for by your health insurance. If a tooth has to be replaced, you will have to pay a large part yourself. Ask for a cost estimate and talk to your health insurance company.

You can find dental practices in the city of Fürth and the district of Fürth [here](#).

## Gynaecologists (gynaecologists)

It is important that women and adolescent women are regularly examined by a gynaecologist. This is called a check-up. This allows diseases to be recognised in good time. You can also discuss the topic of [contraception](#) there.

You can find gynaecological practices in the city and district of Fürth [here](#).

## Men's doctors (urologists)

Men should also visit the doctor regularly. Most check-ups are carried out by the family doctor. The urologist specialises in men's diseases. You can also discuss the topic of [contraception](#) there.

You can find men's medical practices in the city and district of Fürth [here](#).

## Hospital

You go to hospital if it is an emergency or if you have been admitted. An emergency is when you are in fear for your life, if you are in severe pain and cannot reach a doctor and if you become seriously ill at the weekend. If you are hospitalised, a doctor will send you to hospital.

The costs of hospital treatment, accommodation and food are covered by your health insurance. However, you will have to pay a daily allowance of €10 for each day.

💡 If you have a low income, you may be exempt. Talk to your health insurance company.

### Fürth Hospital

📍 Jakob-Henle-Str. 1, 90763 Fürth

☎ [091175802810](tel:091175802810)

🌐 [www.klinikum-fuerth.de](http://www.klinikum-fuerth.de)

🕒 Emergency room every day 00:00 - 24:00

### Bezirkskliniken Mittelfranken Fürth - Institute outpatient clinic and day clinic

📍 Friedrich-Ebert-Str. 50, 90766 Fürth

☎ [09117565740](tel:09117565740)

🌐 [www.bezirkskliniken-mfr.de](http://www.bezirkskliniken-mfr.de)

🕒 Monday - Thursday 08:30 - 11:30 and 13:30 - 15:30, Friday 08:30 - 11:30 and 13:30 - 14:30 (mental illnesses in adults and dementia)

## Medical on-call service

If you need a doctor in the evening or at the weekend and it is **not** an emergency, you can call here or go to the emergency and on-call practices:

### On-call practice Fürth at the Klinikum Fürth health centre

📍 Jakob-Henle-Str. 1, 90766 Fürth


☎ [116117](tel:116117)


🌐 [www.kvb-bereitschaftspraxis-fuerth.de](http://www.kvb-bereitschaftspraxis-fuerth.de)

🕒 Monday, Tuesday 18:00 - 21:00, Wednesday 17:00 - 21:00, Thursday 18:00 - 21:00,


Friday 17:00 - 21:00, Saturday, Sunday, public holidays 08:00 - 21:00

### **On-call practice Nuremberg Centre**


 Bahnhofstr. 11a, 90402 Nürnberg


 [116117](tel:116117)

 [www.kvb.de](http://www.kvb.de)


 Monday, Tuesday 19:00 - 22:00, Wednesday 14:00 - 22:00, Thursday, Friday 19:00 - 22:00, Saturday, Sunday, public holiday 08:00 - 22:00 (Wednesday, Friday, Saturday, Sunday, public holiday gynaecologists and paediatricians are also on site)

### **On-call practice at Nuremberg South Hospital**

 Breslauer Str. 201, 90471 Nürnberg

 [116117](tel:116117)

 [www.kvb.de](http://www.kvb.de)

 Monday, Tuesday 18:00 - 22:00, Wednesday 14:00 - 22:00, Thursday 18:00 - 22:00, Saturday, Sunday, public holiday 09:00 - 22:00

## **Dental emergency service**

You can find your local dental practice on emergency duty for toothache at weekends and on public holidays on the website [Zahnärztlicher Notdienst Bayern](#) (enter postcode).

You do not understand the findings of the doctor's surgery or hospital. [Here](#) you will find explanations (German only).

## **Medicines and pharmacies**

### **Medication**

If you need medication, you will receive a prescription from your doctor. You can then obtain your medication with the prescription from any pharmacy. Sometimes the medication has to be ordered. They usually arrive within a few hours.

You can only obtain prescription medication (e.g. antibiotics) if the doctor has issued a prescription (e.g. in pink, blue for privately insured persons). Even with a prescription, not all medicines are free of charge. You usually have to pay a co-payment. This also applies to physiotherapy and other treatments. If you have been given a green prescription, you will have to pay for the medication yourself. If you often need medication, talk to your [health insurance company](#). You may be exempt from the co-payment.

You can buy non-prescription medication at the pharmacy at any time. You do not need to go to the doctor beforehand. Non-prescription medicines include, for example, many medicines for colds or pain.

### **Pharmacies**

[Pharmacies](#) are usually open from Monday to Saturday. The opening hours vary depending on the pharmacy (often 09:00 - 18:00). If you need urgent medication at night or at the weekend, you will find a sign at every pharmacy with the name and address of the pharmacy that is open for the emergency service. You usually have to ring the doorbell of the pharmacy on emergency duty and someone will open the door for you.

You can find the pharmacy with emergency service in the city of Fürth and in the district of Fürth [here](#), throughout Bavaria [here](#) and throughout Germany [here](#) (enter postcode or town).

## Counselling centres and offers of help

Here you will find various health advice centres. You can find out what a counselling centre is [here](#).

### Elderly people and their relatives

#### Advice centres for older people and their relatives

The counselling centres here provide information, support and decision-making assistance on everything to do with ageing. The advice centres are for older people, but also for family members. Care and dementia are often stressful situations for families. You may not be familiar with this type of support from your country of origin. There are many counselling services in Germany. Seek advice and support free of charge. In the end, you decide what you want to do.

You will receive advice and help on various topics. For example

- Dementia
- Other illnesses in old age
- Care insurance benefits
- Care at home or in a care home
- Money for care
- Matters with the authorities
- Matters with authorities
- Severe disability
- care
- Living will

#### **Specialist centre for caring relatives of Diakonie Fürth e.V.**

📍 Königswarterstr. 56-60, 90762 Fürth

☎ [09117493323](tel:09117493323)

@ [angehoerigen-beratung@diakonie-fuerth.de](mailto:angehoerigen-beratung@diakonie-fuerth.de)

🌐 [www.diakonie-fuerth.de](http://www.diakonie-fuerth.de)

🕒 Monday 10:00 - 11:30, Tuesday 13:00 - 14:30, Wednesday, 11:00 - 12:30

Online counselling: <https://beratung.diakonie.de/themen>

#### **Caritas Fürth e.V. specialist centre for caring relatives**

📍 Königsstr. 112-114, 90762 Fürth

☎ [0911740500](tel:0911740500)

@ [angelika.bleicher@caritas-fuerth.de](mailto:angelika.bleicher@caritas-fuerth.de)

🌐 [www.caritas-fuerth.de](http://www.caritas-fuerth.de)

🕒 Monday - Friday 09:00 - 15:00

#### **Hospizverein Region Fürth e.V.**

The hospice association helps seriously ill and dying people and their relatives on

their way out of life. Lectures, seminars and events offer a good opportunity to provide answers to questions about dying, death and grief. You can also get involved in the hospice organisation.

■ Gustav-Weißkopf-Str. 9, 90768 Fürth

■ [091197905460](tel:091197905460)

■ [buero@hospizverein-fuerth.de](mailto:buero@hospizverein-fuerth.de)

■ [www.hospizverein-fuerth.de](http://www.hospizverein-fuerth.de)

You can find explanatory videos on hospice and palliative care in several languages [here](#).



Further information and advice centres in the city of Fürth can be found [here](#).



### **Specialist centre for caring relatives of AWO Fürth Land e.V.**

📍 Martin-Luther-Platz 7, 90547 Stein

☎ [091197191469](tel:091197191469) and [015238950256](tel:015238950256)

@ [fachstellefpA@awo-fl.de](mailto:fachstellefpA@awo-fl.de)

🌐 [www.awo-fl.de](http://www.awo-fl.de)

📅 make an appointment

You can also contact the neighbourhood management in Cadolzburg, Oberasbach and Wilhermsdorf:

### **Cadolzburg neighbourhood management**

📍 Hindenburgstr. 14, 90566 Cadolzburg

☎ [017620751794](tel:017620751794)

@ [quartier-cadolzburg@caritas-fuerth.de](mailto:quartier-cadolzburg@caritas-fuerth.de)

🌐 [www.caritas-fuerth.de](http://www.caritas-fuerth.de)

📅 Monday 09:00 - 11:00, Thursday 14:00 - 16:00 and by appointment

### **Neighbourhood management Wilhermsdorf**

📍 Hauptstr. 46, 91452 Wilhermsdorf

☎ [091029958205](tel:091029958205)

@ [Last@markt-wilhermsdorf.de](mailto:Last@markt-wilhermsdorf.de)

🌐 [www.markt-wilhermsdorf.de](http://www.markt-wilhermsdorf.de)

📅 by arrangement

### **Neighbourhood management Oberasbach**

📍 Treffpunkt Alte Post, Am Rathaus 6, 90522 Oberasbach

☎ [091180193569](tel:091180193569)

@ [renate.schwarz@diakonie-fuerth.de](mailto:renate.schwarz@diakonie-fuerth.de)

🌐 [www.diakonie-fuerth.de](http://www.diakonie-fuerth.de)

📅 Monday 10:00 - 16:00, Friday 10:00 - 16:00 and by appointment



Further information can be found [here](#) and in the "[Lebensfroh mit 60+](#)" guide from the district of Fürth.

## Precaution and legal care

### Advice on legal care and provision for illness, old age and disability

Are you or your relatives no longer able to manage their own affairs? Because of a mental, psychological, intellectual or physical illness or a disability? Then you may need a legal representative. These are appointed by a court. This can also be a relative.

However, you can also make private provisions. You can give a person of your choice a power of attorney or a care directive. In the event that you are no longer able to make decisions yourself.

The care centres support you with

- Questions about legal guardianship
- the creation of a health care proxy
- the notarisation of health care proxies and care directives

Once you have made an appointment, the staff will come to you. Regardless of whether you are at home, in hospital, in an institution or in a care home.



#### City of Fürth - Care centre for adults

Technisches Rathaus, Kohlenmarkt 3, 90762 Fürth

[09119741531](tel:09119741531)

[betreuungsstelle@fuerth.de](mailto:betreuungsstelle@fuerth.de)

[www.stadt-fuerth.de](http://www.stadt-fuerth.de)



#### District Office Fürth - Care centre

Stresemannplatz 11, 90763 Fürth

[091197731246](tel:091197731246)

[www.landkreis-fuerth.de](http://www.landkreis-fuerth.de)

## Self-help groups

In a self-help group, people with the same topic (for example, illness, disabilities, relatives, addictions) meet.

They talk to each other about their experiences or do something together. They learn from each other and help each other. There is no professional leadership in self-help groups, no one is allowed to decide over the others. It is very important that what is discussed in the group is not told to anyone else. The people in the group trust each other.

If you are looking for a suitable self-help group or would like to set up a group in your mother tongue, please contact Kiss.

### **Selbsthilfekontaktstelle Kiss Nürnberg-Fürth-Erlangen e.V.**

📍 Website also available in English, Turkish and Russian

📍 Am Plärrer 15, 90443 Nürnberg

☎️ [09112349449](tel:09112349449)

✉️ [nuernberg@kiss-mfr.de](mailto:nuernberg@kiss-mfr.de)

🌐 <http://www.kiss-mfr.de>

🕒 Mon 10:00 - 13:00 and 14:00 - 17:00, Wed 10:00 - 13:00 and 14:00 - 17:00 (by telephone also 17:00 - 19:00), Thu 10 - 13 h

### **Selbsthilfekontaktstelle Kiss in Fürth**

📍 "Lila Ecke" im Klinikum Fürth, Jakob-Henle-Str. 1, 90766 Fürth

🕒 Tuesday 14:00 - 17:00

## **Addiction - alcohol, medication, gambling and drugs**

An addiction is an illness. People are addicted to drugs, alcohol or medication. Gambling, the internet or computer games can also be addictive. There are often problems in the family, with money, at work or with the police. It is difficult to distinguish between what is still normal and when someone is addicted.

If you or a family member, a friend or a friend is addicted, or if you have questions on the subject, you can go to addiction counselling. You can also get help there when it comes to illegal drugs. There is a duty of confidentiality. The police are not informed either. Counselling is free of charge and anonymous if you wish.

You can also find information for family members in various languages [here](#).

## **Counselling centres nearby:**

### **Caritas Fürth - Psychosocial counselling centre for people with addiction problems**

📍 Königstr. 112-114, 90762 Fürth

☎️ [09117405020](tel:09117405020)

✉️ [suchtberatung@caritas-fuerth.de](mailto:suchtberatung@caritas-fuerth.de)

🌐 [www.caritas-fuerth.de](http://www.caritas-fuerth.de)

🕒 Monday, Tuesday, Thursday 09:00 - 12:00 and 13:00 - 16:00, Wednesday 14:00 - 16:00, Friday 09:00 - 13:00

### **mudra - Alternative youth and drug help centre e.V.**

📍 Ottostr. 18, 90402 Nürnberg

☎️ [09118150100](tel:09118150100)

✉️ [beratung@mudra-online.de](mailto:beratung@mudra-online.de)

🌐 [Transkulturelle Beratung](#)

🌐 [Geflüchtete mit Drogenproblemen](#)

🕒 Monday 10:00 a.m. - 3:00 p.m., Tuesday 10:00 a.m. - 3:00 p.m., Thursday 10:00 a.m. - 3:00 p.m., Friday 10:00 a.m. - 3:00 p.m.


Wednesday 12:00 - 15:00 by telephone only


🗣️ Counselling in German, Arabic, English, Farsi, Italian, Turkish, Russian and online counselling

### **mudra online counselling**

 [suchtberatung.digital](https://suchtberatung.digital)

### **Lilith e.V. - Association for the support of women with drug problems**

 Bogenstr. 30, 90459 Nürnberg


 [0911472218](tel:0911472218)


 [info@lilith-ev.de](mailto:info@lilith-ev.de)


 [www.lilith-ev.de](http://www.lilith-ev.de)

### **Sprungbretter e.V. - Association for the re-integration of people suffering from addiction**


Case management: counselling and support for people with drug addiction and problematic consumption

 Counselling in German, English, Romanian

 Dompropststraße 7, 91056 Erlangen

 [09131931395](tel:09131931395)

 [@casemanagement@sprungbretter-ev.de](mailto:@casemanagement@sprungbretter-ev.de)

 <https://www.sprungbretter-ev.de/>


## **STI - Sexually transmitted diseases**


STI stands for "Sexually Transmitted Infection". This refers to diseases that are normally transmitted through sexual contact with someone. For example: HIV (AIDS), gonorrhoea (gonorrhoea), syphilis. Always use a condom when having sex to protect yourself. Are you ill? Or are you afraid that you may have been infected? Go to the doctor. Or seek advice at a counselling centre. That will help you!

Information on STIs is available in many languages on the [zanzu](https://www.zanzu.de) website.

## **On-site counselling:**


### **AIDS-Hilfe Nürnberg-Erlangen-Fürth e.V.**

 Entengasse 2, 90402 Nürnberg


 [09112309035](tel:09112309035)


 Anonymous counselling [091119411](tel:091119411) (German, English)

 [www.aidshilfe-nuernberg.de](http://www.aidshilfe-nuernberg.de)

 Monday 14:00 - 20:00, Tuesday, Wednesday, Thursday 09:00 - 16:00, Fri 09:00 - 14:00

### **Stadtmission Nürnberg e.V. - AIDS Counselling Middle Franconia**

 Krellerstr. 3, 90419 Nürnberg

 [0911322500](tel:0911322500)


 [aids-beratung@stadtmission-nuernberg.de](mailto:aids-beratung@stadtmission-nuernberg.de)


 [www.evangelische-beratung.info](http://www.evangelische-beratung.info)




## **Landkreis Fürth**

### **Stadt und Landkreis Fürth - Gesundheitsamt**

 Counselling and free AIDS test with public health officers by appointment

 Im Pinderpark 4, 90513 Zirndorf

 [091197731833](tel:091197731833) and [091197731834](tel:091197731834)

@[gesundheitsamt@lra-fue.bayern.de](mailto:gesundheitsamt@lra-fue.bayern.de)

Monday - Thursday 08:00 - 16:00, Friday 08:00 - 12:30

## Telephone counselling:

### Federal Centre for Health Education

Telephone counselling on HIV and AIDS

01805555444

[www.liebesleben.de](http://www.liebesleben.de)

Monday - Thursday 10:00 - 22:00, Friday - Sunday 10:00 - 18:00

## Women's health

There is a special health counselling service for women and girls.

The advice is provided by the Frauen- und Mädchen-Gesundheitszentrum Nürnberg e.V. (Nuremberg Women's and Girls' Health Centre).

You can ask health and medical questions that particularly affect women.

For example, you can get advice on

- Menstrual problems
- breast cancer
- Cervical cancer
- endometriosis
- unfulfilled desire to have children
- menopause
- contraception

Counselling is available in person or on the phone.

There are also events with information. Women and girls of all ages can come.

### Women's and Girls' Health Centre Nuremberg e.V.

Fürther Str. 154, 90429 Nürnberg (rear building)

0911328262

[info@fmgz-nuernberg.de](mailto:info@fmgz-nuernberg.de)

[www.fmgz-nuernberg.de](http://www.fmgz-nuernberg.de)

Monday 10:00 - 12:00, Tuesday 14:00 - 16:00, Thursday 15:00 - 17:00

## Trauma, acute crises and psychological stress

Anyone can have emotional problems. It is also normal to have a so-called "crisis". Sometimes you also become ill. This is referred to as a "mental illness" or "psychological illness". Terrible experiences in life and on the run can put a strain on you. This is referred to as "trauma". Do you need help? Does someone you know need help? You can find important counselling centres here:

### Sozialpsychiatrischer Dienst Fürth - City and district

The counselling service is for all people over 18 with mental health problems,

mental illness, in acute crisis situations or with suicidal thoughts. It is also for friends and family.

📍 Frankenstr. 12, 90762 Fürth

☎ [09119756670](tel:09119756670)

@ [info@sozialpsychiatrischer-dienst-fuerth.de](mailto:info@sozialpsychiatrischer-dienst-fuerth.de)

🌐 [www.sozialpsychiatrischer-dienst-fuerth.de](http://www.sozialpsychiatrischer-dienst-fuerth.de)

🕒 Monday - Thursday 08:00 - 17:00, Friday 08:00 - 12:00 and by appointment. In Cadolzburg, Langenzenn and Stein and all locations in the district of Fürth, appointments are possible by appointment.

### **Psychosocial centre for refugees, Rummelsberger Dienste für junge Menschen gGmbH**

📍 This service is for traumatised and mentally ill refugees.

📍 St. Johannis-Mühlgasse 5, 90419 Nürnberg

☎ [0911393634055](tel:0911393634055)

@ [psz@rummelsberger.net](mailto:psz@rummelsberger.net)

🌐 [www.rummelsberger-diakonie.de](http://www.rummelsberger-diakonie.de)

🕒 Appointments by telephone arrangement

### **Medical specialist centre for refugees with trauma specialist centre**

📍 The service is for traumatised refugees. There are individual and group therapies.

📍 Dianastr. 29, 90441 Nürnberg 3rd floor

☎ [091165678100](tel:091165678100) or [091165678601](tel:091165678601)

🌐 [www.nuernberg.de](http://www.nuernberg.de)

🕒 Monday - Thursday 09:00 - 16:00, Friday 09:00 - 14:00

### **Crisis hotline - Fürth District Office - General Social Services**

📍 This service is for children, young people and families.

📍 Stresemannplatz 11, 90763 Fürth

☎ [091197733333](tel:091197733333)

🕒 Monday - Sunday 00:00 - 24:00

### **Crisis service Middle Franconia**

📍 The crisis service provides help 24 hours a day. It helps if you or someone you know is suffering from feelings of isolation, anxiety, grief or suicidal thoughts. It also helps with problems in the family and mental illness.

📍 Hessestr. 10, 90443 Nürnberg

☎ [09114248550](tel:09114248550); [091142485520](tel:091142485520) (Russian); [091142485560](tel:091142485560) (Turkish)

🕒 Telephone counselling daily from 09:00 to 24:00

🗣 German, French, English, Russian, Turkish

🌐 <https://kdmfr.de/krisendienst-mittelfranken/>

🌐 Online counselling: <https://kdmfr.de/online-beratung/>

### **Stadtmission Nürnberg e.V.**

📍 Counselling, support and specialist trauma counselling. The service is for adults with a refugee background and mental illness or traumatised.

📍 Pirckheimerstr. 16, 90408 Nürnberg

☎ [09119359555](tel:09119359555)

🌐 [www.spdi-stadtmission-nuernberg.de](http://www.spdi-stadtmission-nuernberg.de)

### **TraumaHilfe Zentrum Nürnberg e.V.**

📍 The TraumaHilfe Zentrum advises and supports people suffering from the

consequences of trauma and also helps relatives. There are also group programmes.

📍 Glockenhofstr. 47, 90478 Nürnberg

☎ [091199009010](tel:091199009010)

@ [kontakt@thzn.org](mailto:kontakt@thzn.org)

🌐 [www.thzn.de](http://www.thzn.de)

🕒 Tuesday 14:00 - 16:00, Thursday 09:00 - 11.00

📞 Appointments by telephone only.

## Pregnancy and abortion

### Pregnancy

Pregnant women have special protection in Germany.

They can talk to a counselling centre. And they can go to the doctor.

This is independent of their residence status.

Are you pregnant?

Then go to a gynaecologist first.

The technical term is: gynaecologist. You will have regular check-ups there.

You will be given a maternity pass. The maternity pass is a document.

The document contains important information about:

- Your pregnancy
- your health
- the health of your child

Always take your mum's passport with you. Then you will always have the most important information with you in case of an emergency.

You can find more information in several languages [here](#).

There are state-approved advice centres for questions about pregnancy. The counselling centres will provide you with information free of charge. They will also support you if you wish to have children. They help during pregnancy and after the birth. They help until your child is 3 years old:

- Counselling on all questions relating to pregnancy and birth. Prenatal diagnostics, birth preparation, birth, breastfeeding, parental leave
- Information on midwives and maternity clinics
- Advice on legal issues. Paternity, custody, rights as a single parent or single parent
- Support in applying for financial support: parental allowance, child benefit, housing benefit, state foundation "Help for mother and child"
- Family planning, contraception, sexuality and unfulfilled desire to have children
- Psychosocial counselling for psychological problems during and after pregnancy and after a termination of pregnancy
- Pregnancy conflict counselling in accordance with § 219 StGB
- Counselling for problems with the partner or family during pregnancy and after the birth
- Counselling on adoption, confidential birth
- Counselling and support if you feel exhausted and unhappy after the birth of your child

- Counselling if your baby cries a lot

Please make an appointment.

**State-approved advice centre for pregnancy issues - City of Fürth (in the Rosengarten Family Centre, entrance via the back courtyard)**

📍 Rosenstraße 16-20, 90762 Fürth 2nd floor  
 ☎ [09119741518](tel:09119741518)  
 @ [schwangerschaftsberatung@fuerth.de](mailto:schwangerschaftsberatung@fuerth.de)

**State-approved counselling centre for pregnancy issues and sexual counselling - Diakonie Fürth**

📍 Königwarterstr. 56-60, 90762 Fürth  
 ☎ [09117493353](tel:09117493353)  
 @ [schwangerschaftsberatung@diakonie-fuerth.de](mailto:schwangerschaftsberatung@diakonie-fuerth.de)  
 🌐 [www.diakonie-fuerth.de](http://www.diakonie-fuerth.de)

🕒 Monday, Wednesday 09:00 - 12:00 and 13:00 - 16:00, Tuesday, Thursday, Friday 09:00 - 12:00,

**State-recognised advice centre for pregnancy issues - Fürth District Office**

📍 Stresemannplatz 11, 90763 Fürth  
 ☎ [091197731866](tel:091197731866)  
 @ [schwangerenberatung@lra-fue.bayern.de](mailto:schwangerenberatung@lra-fue.bayern.de)  
 🌐 [www.landkreis-fuerth.de](http://www.landkreis-fuerth.de)



**KoKi - Netzwerk frühe Kindheit (in the Rosengarten Family Centre, entrance via backyard)**

📍 Rosenstraße 16-20, 90762 Fürth , 2nd floor  
 ☎ [09119741569](tel:09119741569) or [09119741502](tel:09119741502)  
 @ [koki-fuerth@fuerth.de](mailto:koki-fuerth@fuerth.de)  
 🌐 [www.familieninfo-fuerth.de](http://www.familieninfo-fuerth.de)

**Open midwife consultation hours Koki - Network Early Childhood**

A family midwife advises pregnant women, mothers and fathers

📍 Café SAMOCCA, Rudolf-Breitscheid-Str. 4, 90762 Fürth  
 🕒 Monday: 15:00 - 16:30



**KoKi - Early Childhood Network - District Youth Welfare Office, Fürth district**

Stresemannplatz 11, 90763 Fürth  
 ☎ [091197731277](tel:091197731277) or [091197731293](tel:091197731293)

@[koki@ira-fue.bayern.de](mailto:koki@ira-fue.bayern.de)

[www.landkreis-fuerth.de](http://www.landkreis-fuerth.de)

### **Open midwife consultation hours Koki - early childhood network**

A family midwife advises pregnant women, mothers and fathers

📍 Familienzentrum Zirndorf e. V., Bahnhofstr. 35, 90513 Zirndorf

🕒 Thursday 9:30 - 11:00 am

Further information can be found [here](#).

## **Termination of pregnancy**

Are you pregnant? But you didn't want to get pregnant in the first place? You alone decide whether to continue an unwanted pregnancy or have your pregnancy terminated (if you are 16 years or older). Neither your partner, family, doctors or authorities may exert pressure on you. A termination of pregnancy may only be carried out by a gynaecologist!

An abortion may only be carried out up to the 14th week of pregnancy (12 weeks after conception) and is subject to certain conditions. First of all, you must attend a pregnancy conflict counselling session. Pregnancy conflict counselling is free of charge. You will receive a counselling certificate. The counsellor will explain the procedure and the time limits. The counsellor is obliged to maintain confidentiality and you can also receive counselling anonymously.

You will also receive information about support services if you decide not to terminate the pregnancy. Seek advice at one of the counselling centres mentioned above. You can find further information in several languages [here](#).

## **Eating disorder**

Eating disorders are real illnesses. Girls and women are affected more often than boys and men. Most people are familiar with anorexia, bulimia or binge eating.

If you have or suspect that your children or friends have a binge eating disorder, you can get help from the following organisations

### **Caritas Fürth - Psychosocial counselling centre**

📍 Königstr. 112-114, 90762 Fürth

☎ [09117405020](tel:09117405020)

@[suchtberatung@caritas-fuerth.de](mailto:suchtberatung@caritas-fuerth.de)

🌐 [www.caritas-fuerth.de](http://www.caritas-fuerth.de)

🕒 Monday, Tuesday, Thursday 09:00 - 12:00 and 13:00 - 16:00, Wednesday 14:00 - 16:00, Friday 09:00 - 13:00

### **Therapienetz Essstörungen GmbH**

📍 Willi-Brandt-Platz 4, 90402 Nürnberg

☎ [091127744910](tel:091127744910)

@[beratung@tness.de](mailto:beratung@tness.de)

🌐 [www.tness.de](http://www.tness.de)

🕒 Monday - Thursday 08:00 - 18:00, Friday 08:00 - 16:00

**dick und dünn e.V. - Specialist counselling for women and adolescents with eating disorders**



📍 Kühnertsgasse 24, 90402 Nürnberg

☎ [0911471711](tel:0911471711)

@ [kontakt@essstoerungen-mittelfranken.de](mailto:kontakt@essstoerungen-mittelfranken.de)

🌐 [www.essstoerungen-mittelfranken.de](http://www.essstoerungen-mittelfranken.de)

🕒 Tuesday 14:00 - 16:00, Wednesday 10:00 - 12:00, Thursday 16:00 - 18:00 (make an appointment)

## Disabilities and inclusion

Anyone who is physically, mentally or emotionally disabled, or who is at risk of becoming disabled, has a right to help and support. No-one may be disadvantaged because of their disability. This is regulated by law in Germany. Inclusion means that everyone belongs and can take part in all of life's activities, even if they have a disability. There are also various good programmes for children with a disability.

It is important for people with disabilities to have a [disabled person's pass](#). You need the card to receive certain benefits. You should apply for the card at the Bavarian Family and Social Centre. Various advice centres will help you with this. You will also find a lot of information about work, housing and rights. The advice centres will also provide you with information and help when applying for various types of support services. You can find information in several languages [here](#).

### Zentrum Bayern Familie und Soziales - Service Centre Nuremberg

📍 Roonstr. 22, 90429 Nürnberg

☎ [09119282080](tel:09119282080)

@ [poststelle.mfr@zbfs.bayern.de](mailto:poststelle.mfr@zbfs.bayern.de)

🌐 [www.zbfs.bayern.de](http://www.zbfs.bayern.de)

🕒 Monday 08:00 - 13:00, Tuesday, Wednesday, Friday 08:00 - 12:00, Thursday 08:00 - 16:00

There is a nationwide [self-help platform](#) in German and Turkish for people with a Turkish migration background.

Counselling centres in the city of Fürth and the district of Fürth can also be found [here](#).

### fübs - Specialist centre for senior citizens and the needs of people with disabilities

📍 Hirschenstr. 2b, 90762 Fürth (Technisches Rathaus)

☎ [09119741785](tel:09119741785)

@ [fachstelle-fuebs@fuerth.de](mailto:fachstelle-fuebs@fuerth.de)

🌐 [www.fuerth.de](http://www.fuerth.de)

🕒 Monday - Friday 09:00 - 12:00, Thursday 13:30 - 16:00

### Lebenshilfe Fürth e.V. - Office

📍 Ludwig-Erhardt-Str. 17, 90762 Fürth

☎ [0911972793](tel:0911972793)

@ [info@lebenshilfe-fuerth.de](mailto:info@lebenshilfe-fuerth.de)

🌐 [www.lebenshilfe-fuerth.de](http://www.lebenshilfe-fuerth.de)

🕒 Monday - Thursday 09:00 - 15:00, Friday 09:00 - 12:00

### BRK Fürth - Counselling centre for people with disabilities and/or chronic illnesses

📍 Henri-Dunant-Str. 11, 90762 Fürth

☎ [09117798128](tel:09117798128)

🌐 [www.brk-fuerth.de](http://www.brk-fuerth.de)

📅 Monday - Tuesday 09:00 - 11:00 and 15:00 - 17:00, Wednesday - Friday 09:00 - 11:00

### **EUTB - Supplementary independent participation counselling at ZSL e.V.**

📍 Schwabacher Str. 206, 90763 Fürth

☎ [091118073680](tel:091118073680)

@ [info@teilhabeberatung-mittelfranken.de](mailto:info@teilhabeberatung-mittelfranken.de)

🌐 [www.eutb.zls-erlangen.de](http://www.eutb.zls-erlangen.de)

📅 Monday 10.00 - 16.00, Tuesday 10.00 - 18.00, Wednesday - Friday 10:00 - 16:00

### **Representative for the disabled in the district of Fürth**

📍 Im Pinderpark 2, 90513 Zirndorf

☎ [091197731705](tel:091197731705)

@ [behindertenbeauftragter@lra-fue.bayern.de](mailto:behindertenbeauftragter@lra-fue.bayern.de)

🌐 [www.landkreis-fuerth.de](http://www.landkreis-fuerth.de)

## **Toddlers with disabilities (0 - 6 years)**

Even toddlers can receive early intervention. There are special facilities for children with disabilities, but you can also enrol your child in a regular day care centre. Seek help from a counselling centre.



### **Lebenshilfe Fürth e. V. - Early intervention for children and parents**

📍 Karolinenstr. 108, 90763 Fürth

☎ [091147762240](tel:091147762240)

@ [ff@lebenshilfe-fuerth.de](mailto:ff@lebenshilfe-fuerth.de)

🌐 [www.lebenshilfe-fuerth.de](http://www.lebenshilfe-fuerth.de)

### **Lebenshilfe Fürth e. V. - SVE (school preparation centre)**

Klara and Dr Isaak Hallemann School

📍 Aldringerstr. 10, 90768 Fürth

☎ [0911721244](tel:0911721244)

@ [hallemann-schule@lebenshilfe-fuerth.de](mailto:hallemann-schule@lebenshilfe-fuerth.de)

🌐 [www.lebenshilfe-fuerth.de](http://www.lebenshilfe-fuerth.de)

You can find more information about the day care centre [here](#).



### **Elisabeth Krauß School**

📍 Ohlauer Str. 20, 90522 Oberasbach

☎ [0911747666](tel:0911747666)

@ [foerderzentrum@lebenshilfe-fuerth.de](mailto:foerderzentrum@lebenshilfe-fuerth.de)

🌐 [www.lebenshilfe-fuerth.de](http://www.lebenshilfe-fuerth.de)

## Pupils with disabilities

Information on pupils with disabilities can be found [here](#).

## Work and training

Counselling centre that supports people with disabilities in taking up training or work:

### **Integration Specialist Service IFD gGmbH Fürth**

📍 Gerhardtstr. 45, 90762 Fürth

☎ [091132389970](tel:091132389970)

@ [info@ifd-ggmbh.de](mailto:info@ifd-ggmbh.de)

🌐 [www.ifd-mittelfranken.de](http://www.ifd-mittelfranken.de)

### **Access gGmbH**

(with a programme for refugees)

📍 Marthastr. 35-37, 90482 Nürnberg

☎ [09113009022](tel:09113009022)

@ [arbeit@access-ifd.de](mailto:arbeit@access-ifd.de)

🌐 [www.access-ifd.de](http://www.access-ifd.de)