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# Health

## Healthcare system in Germany

### General information

There is a lot of information about health in Germany on the Internet. Much of it is available in several languages.

#### [Health guide for asylum seekers](#)

How does healthcare work? What do I do if I am ill? What help can I get?

#### [Health for all](#)

Guide in many languages.

#### [Visit to the gynaecologist](#)

Film in different languages

## Health vocabulary

- [Take Care project](#)
- [Picture-word book](#)

## [Further information in many languages](#)

**Keywords: doctor, specialist, vaccinations, health, illness, pharmacies, medicine**

## Health insurance

You must have health insurance.

Many people have a statutory health insurance.

You have to pay for health insurance every month.

Children do not have to pay.

You are ill:

The health insurance pays for the doctor, the medication, the clinic.

You usually have to pay extra.

You can choose your health insurance yourself.

You can change health insurance companies.

Find out exactly!

Questions? Ask your counsellor at the Migration Counselling Service.

## Health insurance for asylum seekers

Your asylum application is approved OR you have been in Germany for more than 18 months:

You can get a health insurance card (electronic health card).

You do not need to apply to the Social Welfare Office.

The Social Welfare Office will check automatically.  
 You will receive a letter from the Social Welfare Office.  
 The letter says: You get a card.

You can choose a health insurance fund.  
 You have the card. With the card you go directly to the doctor.  
 You no longer have to go to the social welfare office.

**Keywords: statutory health insurance, GKV, insurance card, health insurance, costs for treatment, costs for medication, insurance, insurance card, chip card**

## Doctors

### Doctor (physician)

You are allowed to choose your own doctor.

Doctors must maintain confidentiality (what you say to the doctor stays secret):  
 You can talk to your doctor about anything. He or she won't tell anyone.

Take these things with you to the doctor:

- Health insurance card
- Your medicine
- A list of your questions
- An interpreter, if you need one

If you need medicine, you will get a **prescription (Rezept)**..

**Appointments:** First, call the doctor. Ask for an appointment: "I am ill! Can I make an appointment with you? If you don't have an appointment, you will normally have to wait for a long time.

⇒ [You can look on the internet](#) for doctors in Regensburg. This site will also tell you which languages a doctor speaks

Doctors normally work Monday to Friday.

The opening hours vary for each doctor's office. They are generally closed on Wednesday afternoons.

### General practitioners (family doctors) and children's doctors (paediatricians)

If you are ill, you should go to see a general practitioner first. These are often also called family doctors.

Children need to see a paediatrician.

This doctor is the first point of contact for all health problems. He/she will examine you and will then decide on further treatment.

If specialist treatment is necessary, he or she will refer you to the right person. He or she will give you a referral.

## Specialist doctors

Specialist doctors are experts in a specific field of medicine. They take over responsibility for your further treatment from the general practitioner after the referral. For example: gynaecologist, lung doctor, ear-nose-throat doctor, urologist, orthopaedist...

## On-call duty

If you need a doctor at night or on the weekend but it is not an emergency, you can call here:

### On-call medical services

only evenings and weekends

Phone: 116 117

### Regensburg On-Call Duty Medical Practice

at the Krankenhaus der Barmherzigen Brüder

[Prüfeninger Straße 86](#)

Wednesday and Friday from 4 pm to 8 pm

Saturday, Sunday and public holidays from 8 am to 9 pm

### Emergency Dental Service

only evenings and weekends

Phone: [0941 5 98 79 23](#)

Saturday, Sunday and public holidays from 10 am to 12 noon and from 6 pm to 7 pm

### Emergency dental treatment at the University Clinic (Universitätsklinikum)

Phone: [0941 94 40](#)

You can call at any time (24 hours a day). It is for emergencies, such as acute pain, swelling, ulcerations, secondary bleeding and accidents.

**Key words: Doctor, specialist, practice, doctor's surgery, referral, referral slip, medical treatment, dentist, general practitioner, family doctor, paediatrician, KV on-call service**

## Hospital

### Hospital

A hospital (= clinic) is a place in which sick people are treated.

In a hospital there are a lot of doctors and nurses working.

You only get to a hospital when you're very ill or badly injured.

You go to a hospital when there's an emergency.

You can find out what an emergency is on the "Emergency" page.

In the hospital, you don't choose your doctor.

The doctor can be a man or a woman.

Your room has beds for other people too.

You have to pay a small amount of money for every day you spend in hospital.

Health insurance pays for the rest.

Hospitals in Regensburg:

Caritas Krankenhaus St. Josef  
Landshuter Str. 65  
93053 Regensburg  
Internet: <https://www.caritasstjosef.de/>

Krankenhaus Barmherzige Brüder  
Prüfeninger Str. 86  
93049 Regensburg  
Internet: <https://www.barmherzige-regensburg.de/>

Universitätsklinikum Regensburg  
Franz-Josef-Strauß-Allee 11  
93053 Regensburg  
Internet: <https://www.ukr.de/>

KUNO Klinik St. Hedwig  
Steinmetzstraße 1-3,  
93049 Regensburg  
Internet: <https://www.barmherzige-hedwig.de/>

Regensburger Kinderzentrum St. Martin  
Wieshuberstr. 4,  
93059 Regensburg  
Internet: <https://www.kinderzentrum-regensburg.de>

## Experiencing illness as an asylum seeker

### When You Are Ill

- You are an asylum seeker and live in the AnKER centre (Bajuwarenstraße 1a, Zeißstraße 1 and 9):**  
Go to the medical area.  
A [Refumed](#) doctor or another doctor can help you here.  
The doctor may be a man or a woman.  
If you need a specialist doctor, you can get a referral slip here.  
If you need a dentist, you can get a dental treatment voucher from the social welfare office.  
Then go to the office of the Social Welfare Office at Bajuwarenstraße 1a.
- You live in shared accommodation or in your own home.**  
Do you want to go to the general doctor (Hausarzt), children's doctor/paediatrician (Kinderarzt), gynaecologist/women's doctor (Frauenarzt) or dentist (Zahnarzt)?  
⇒ You need a **sickness treatment certificate (= paper for the doctor)**.  
The health treatment certificate is valid for a quarter of a year(= three months):  
1st quarter: January, February, March  
2. quarter: April, May, June  
3. quarter: July, August, September  
4. quarter: October, November, December

#### For example:

If you have a health treatment certificate for the 1st quarter, you can go to the doctor in January, February and March.  
For April, May and June (2nd quarter) you need a **new** health treatment certificate.

## How do I get a health treatment certificate?

Go to the [Social Welfare Office](#).

You **don't** need an appointment at the Social Welfare Office.

You get your health treatment certificate from the Social Welfare Office.

With your health treatment certificate, you can go to the general doctor, children's doctor (paediatrician), women's doctor (gynaecologist), eye doctor (ophthalmologist) or dentist.  
Or:

The doctor might say: You have to go see a **specialist doctor**.

In German, a specialist doctor is called a "Facharzt": An orthopaedist, for example.

The doctor will give you a **referral (= paper for the specialist doctor)**.

You have to organise your own appointment with the specialist doctor.

Important: Bring your referral note (Überweisung) to the appointment!

The doctor might say: You need to go to the hospital (= Krankenhaus/Klinik).

The doctor will give you a **referral (= paper for the hospital)**.

⇒ You have to take your hospital referral to the Social Welfare Office.

The Social Welfare Office will check: Are you allowed to go to the hospital?

The Social Welfare Office will tell you if you can go to the hospital or **not**.

### Check out "Health"

This includes plenty of information about healthcare and sickness:

- => The German health system
- => Pregnancy and childbirth
- => Contraception and Family Planning
- => Children's health
- => Trauma and mental health
- => People living with disabilities
- => Hospice and palliative care
- => Health advice centres
- => Emergencies

## What kind of treatment can I get from the doctor?

### What does the Social Welfare Office pay for?

The Social Welfare Office will give you a health treatment certificate or a hospital referral:

ONLY when it is absolutely necessary.

ONLY for acute illness and pain.

Or:

When you need regular vaccinations and medical check-ups.

If you are pregnant: You will get all the necessary services.

Check out "Pregnancy and birth"

For births: You and the child will get all the necessary services.

Check out "Children's health"

## What do I do in an emergency (= unexpected situation in which you need help from a doctor quickly)

You go directly to a doctor or to the hospital.

You go without a referral or treatment certificate.

In an emergency, the doctor or the hospital will talk to the Social Welfare Office directly.

**IMPORTANT:**

You should only go to the doctor **without** a referral or health treatment certificate if it is an emergency.

Take a look at "Help in an emergency".

Here are telephone numbers and rules for emergencies.

## Where can I get a health insurance card?

Your **asylum application** is **accepted**.

You have been **in Germany for more than 18 months**.

You can get a health insurance card (= electronic health card).

You **don't** need to send an application to the Social Welfare Office.

The Social Welfare Office will check this automatically.

You will get a letter from the Social Welfare Office.

In the letter, it will say: You are going to receive a card.

Check out "Asylum"

=> "After recognition as a refugee"

=> **"You need health insurance"**

You have the card.

With the card, you can go directly to the doctor.

You **don't have to go to the Social Welfare Office any more**.

## Where is the Social Welfare Office?

[Social Welfare Office](#)

[Bajuwarenstraße 1A](#)

93053 Regensburg

Phone: [0941 507-1502](tel:09415071502)

[sozialamt-asyl@regensburg.de](mailto:sozialamt-asyl@regensburg.de)

### Opening times:

Monday to Friday: 8:00 a.m. - 11:30 a.m.

**Key words: Medical treatment certificate (Behandlungsschein), treatment certificate, referral, referral slip, specialist, hospital, necessary treatment, pain treatment, health care card, health insurance**

## Pregnancy and birth

### Pregnancy

Are you having a baby?

Are you pregnant?

Take a pregnancy test!

Buy a pregnancy test at a [pharmacy](#) or [drugstore](#).

Go to the gynaecologist:

The gynaecologist takes care of you and your child.

⇒ **You can search for [gynaecologists in Regensburg](#) here!**

You will receive a mum's passport:

The mother's passport contains the results of the examinations.

**The mum's passport is important!**

You must always take the Mutter-Pass with you to the gynaecologist.

The Mutter-Pass is not an identity card.

**Go for regular check-ups!**

## Health insurance

The health **insurance fund** pays for pregnancy **examinations**.

Go for regular check-ups!

Do you have any questions?

Ask your gynaecologist.

He will help you.

⇒ **There is also a lot of information on the internet in many languages. Look under "Health insurance" here in the app.**

**Your health insurance will also pay for counselling from a midwife.**

The midwife can come to your home.

- Do you have questions about your pregnancy?
- The midwife will help you.
- Before the birth and after the baby is born.

How can the midwife help you?

⇒ [Information about the work](#) of [midwives](#)

You urgently need a midwife, but you can't find one who has time for you and your baby? There is help [here](#).

### Looking for more advice?

⇒ Take a look at "Who can help me? Advice on health and illness".

- Help phone "Pregnant and lots of questions": [0800 4040020](tel:08004040020)
- Link: ["Pregnant and many questions" in many languages](#)
- Link: [Information on pregnancy and birth in many languages](#)

### Consultation with the family midwife

You can ask the midwife questions: How do I feed the baby? What can I do if it cries? You can weigh your baby.

**When?** Every Tuesday from 3 to 4 pm (not during the summer holidays)

**Where?** South neighbourhood project, Lore-Kullmer-Str. 161, 93053 Regensburg

## Birth



The baby is born:

### **Clinic/hospital**

There are two specialised maternity clinics in Regensburg:

- [St Hedwig Clinic](#)
- [St. Josef Hospital](#)

### **At home**

You can also have your baby at home.

⇒ Ask your gynaecologist.

## **Birth certificate**

### **What is the birth certificate?**

The birth certificate is an **important document**.

You must keep the birth certificate.

The birth certificate says:

- What is the child's name?
- Where was the child born?
- When was the child born?
- Who is the mother?
- Who is the father?

### **How do I get the birth certificate?**

After the birth you have to fill in a form.

The form is called: birth announcement.

You fill in the birth registration form at the hospital or birth centre.

The birth registration form contains

- First name of the child
- Surname of the child
- Much more information about the child and the parents

### **Important:**

**Mother and father** must sign the birth registration form.

The birth certificate costs **€10**.

### **What documents do I need to take with me?**

- Passport  
  **or** residence permit  
  **or** fiction certificate  
  **or** toleration
- Birth certificate of mother
- Birth certificate of father

- German translation of the birth certificate of mother and father  
If you are married:
- Marriage certificate
- German translation of the marriage certificate

### **I don't have a marriage certificate or birth certificate!**

You don't have all the documents?

The hospital will **NOT** give you a birth certificate.

You have to go to the registry office.

Call and make an appointment at the registry office:

[Registry Office Department](#)

[D.-Martin-Luther-Straße 3](#)

93047 Regensburg

Telephone: 0941 507-1347

Email: [Standesamt\\_geburt@regensburg.de](mailto:Standesamt_geburt@regensburg.de)

⇒ Look here for more [information](#).

## **Counselling**

⇒ You can find pregnancy counselling services in Regensburg under "Who can help me? Counselling on health and illness".

**Keywords:** gynaecologist, pregnancy test, maternity pass, prenatal care, check-ups, midwife, birth preparation, birth, delivery, birth certificate

## **Contraception and family planning**

### **Family planning/contraception**

If you

- do not want to get pregnant
- protect yourself from sexually transmitted diseases

you must use a contraceptive during sex. For example condoms.

There are many different contraceptives. Some cost more money than others. The contraceptives work differently. Find out more! If you are not sure which contraceptive is right for you, ask a doctor.

You can find information on contraception in many languages [here](#)

### **ATTENTION:**

Only condoms can protect you from AIDS and other diseases!

No contraceptive is 100 per cent safe!

### **Costs for contraception**

Are you under 23?

Your health insurance will pay a large part. You only have to pay a small part yourself.

From the age of 23 you have to pay for contraception.

If you have little money, the city of Regensburg can cover the costs of contraception. You must submit an application to the social welfare office.

You can find information [here](#).

**Keywords: contraceptives, contraception, condoms, pill, birth control pill, sexually transmitted infections, STI, preventing pregnancy, safer sex**

## **Pregnancy conflict and abortion**

Are you unintentionally pregnant? Have you tested positive for pregnancy?

You don't want a child at the moment?

Because you are very young.

Because you have no money.

Because you have no support.

Because you don't want to be a mum.

Then you can have an abortion. (= terminate pregnancy)

In Germany, it's **okay not to** want a child. Every woman can decide for herself. Do I want to be a mum or not. In Germany you are allowed to terminate a pregnancy.

**It is allowed.** But only if

- it is before the 12th week
- after the 12th week only if there is a serious risk to you or your baby (e.g. illness, disability)

## **What do you have to do now?**

- Call the gynaecologist --> make an appointment

"I am pregnant, I need an examination"

- Go to a counselling centre --> Make an appointment

"I need counselling about my pregnancy"

Counselling is **compulsory**. Counselling is **free of charge**. The staff there want to help you. They have a duty of confidentiality. They are not allowed to tell anyone about it. You can trust them.

- after the counselling --> think for at least 3 days: Do I want the child? Do I not want the child?
- Make an appointment for an abortion or keep the baby

If your German is not yet very good, the doctor or counsellor can book an interpreter for you.

## You can get help and information here

[pro familia Regensburg](#)

[An der Schergenbreite 1](#)

93059 Regensburg

Telephone: [\(0941\) 70 44 55](#)

[regensburg@profamilia.de](mailto:regensburg@profamilia.de)

[www.profamilia.de/regensburg](http://www.profamilia.de/regensburg)

[DONUM VITAE in Bavaria e. V.](#)

[Maximilianstraße 13](#)

93047 Regensburg

Telephone: [\(0941\) 595 64 90](#)

[regensburg@donum-vitae-bayern.de](mailto:regensburg@donum-vitae-bayern.de)

[Regensburg Health Department Pregnancy conflict counselling](#)

[Altmühlstraße 3](#)

93059 Regensburg

Telephone: [\(0941\) 4009 764](#)

**Keywords: pregnancy, unwanted pregnancy, pregnancy conflict, abortion, pregnancy counselling, help with pregnancy, counselling centres**

## Children's Health

### Health Insurance for Children

Health insurance for children usually **doesn't cost money**. This is called "family insurance".

Your child will get a health insurance card.

You have to take your child's card with you when you go to the doctor.

You don't have to pay any money for your child when you go to the doctor.

### Paediatrician (children's doctor)

There are special doctors for children: paediatricians (children's doctors).

They know a lot about children's health.

You will have to find a paediatrician for your child.

⇒ **You can find paediatricians in Regensburg here**

## U Check-Ups ("U-Untersuchungen" = medical screening for children)

You have to take your child to the doctor regularly.

The U check-up is good for your child's health.

Your health insurance will pay for U check-ups.

You will get a yellow check-up book ("Untersuchungsheft").

Take the check-up book with you to the U check-up screening!

### What are U Check-Ups?

For your child's U check-up, you need to make an appointment at the doctor.

The doctor checks:

- Mobility
- Dexterity
- Speaking and understanding
- Social behaviour

The doctor will provide advice on various topics:

- Vaccinations
- Accident prevention
- Dental health
- Nutrition
- Other problems and concerns you have about your child's development

**Important:** the check-ups need to be done when your child reaches certain ages!

⇒ **You can find out when your child needs to go for a U Check-Up here.**

U check-ups are early recognition check-ups.

This means that if your child is ill, the illness can be recognised **and** treated early on.

The doctor will check if your child is developing properly (for example: How well can it speak?)

Your child can be helped and supported.

### Vaccinations

The paediatrician can vaccinate your child.

(Vaccination = protection from sickness)

Ask your paediatrician.

Vaccinations for children are paid for by health insurance.

⇒ [Recommended vaccinations](#) for children

**My child has experienced trauma, what can I do?**

⇒ **You can find important [information](#) for parents here.**

Information is available in the following languages: German, English, Arabic, Farsi, Kurdish

**Key words: Family insurance, preventive care, preventive examinations, yellow examination booklet, U-Heft, paediatrician, U1, U2, U3, U4, U5, U6, U7, U7a, U8, U9,**

## child development, child health

### Trauma and mental health

#### What could be signs of mental illness?

- You are not feeling well.
- You have worries.
- Bad memories or thoughts.
- You are homesick.
- You can't sleep.
- Your concentration is poor.
- You are often afraid.
- You eat a lot or very little.
- You are always tired.

Mental illnesses are depression, anxiety disorders, addictions or trauma. There are special doctors for mental illnesses.

There is help!

A **doctor** can help. Or a **therapist**. You can also do something yourself.

You can also go to your migration counsellor. Some counsellors can also help you with psychological problems and trauma.

#### Information and help on trauma:

##### 1 [Refugee Trauma Help](#)

Here you can get information in many languages. You can help yourself

##### 2. [online psychotherapy](#) in English, German and Arabic

##### 3. [Almhar - App for refugees](#)

Information and exercises on sleep problems, stress, depressive symptoms and more - in Arabic, English and Farsi

##### 3. [trauma picture book in many languages](#)

Help for traumatised children. What can parents do?

##### 4. [information on trauma help for children](#)

A guide for parents in many languages

**Keywords: mental illness, mental health, therapy, psychotherapy, psychologist, psychiatrist, self-help services, trauma therapy, traumatised**

### Disability

Everyone should be able to participate in social life. This also applies to people with disabilities. There is special counselling, projects, help and support for this.

[You can find lots of information and contacts here.](#)

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**Keywords: Inclusion, accessibility**

## Hospice and palliative care

There are various forms of help for seriously ill and dying people in Regensburg. This means that the last days can be spent as well as possible.

[Here](#) you will find a video explaining hospice and palliative care in Germany. The video is available in many languages.

In this [guide](#) you will find information and an overview of services in many languages.

## Clinics

Terminally ill people are cared for in hospitals by special teams. In some cases, there are also special wards. Pain is alleviated there, for example.

## Hospice

A seriously ill person can be admitted to a hospice in their final days if they do not need to be hospitalised but cannot stay at home. For Regensburg, there is the Johannes Hospice in Pentling.

[Johannes Hospice](#)  
[Hölkering 1, 93080 Pentling](#)  
[Telephone number](#)

## Hospice Association

Volunteer carers can help. They are specially trained and visit the sick at home. This is organised by the Regensburg Hospice Association:

[Hospiz-Verein Regensburg e.V.](#)  
[Hölkering 1, 93080 Pentling](#)  
[Telephone number](#)

## Specialised outpatient palliative care (SAPV)

If a dying person has severe and complicated complaints, SAPV can support the doctor. A carer acts as a guide together with the doctors to look after the patients at home. The team also includes a counsellor, a respiratory therapist and a social worker. The health insurance company pays for this service. Contact is made by the family doctor.

[PALLIAMO gGmbH](#)  
[Cranachweg 16, 93051 Regensburg](#)

An overview of care in Regensburg can be found [here](#).

## Emergency

## Emergencies

An emergency is an illness or injury, for example.

In an emergency, you need a doctor straight away, for example if:

- you have a very high fever.
- you have broken a bone.
- you are bleeding heavily.
- you can't breathe.
- you have consumed something poisonous.
- you lose consciousness.

**In an emergency, you can always go to the hospital.**

**The hospital has an accident and emergency department.**

In an emergency, call for help (German: "Notruf"):

**Tel.: 112**

Emergency calls **do not cost money**.

You can make an emergency call with any telephone or mobile phone.

An ambulance (German: "Krankenwagen") can get to you very quickly.

## **Emergency call - what should you do?**

Stay calm!

Listen carefully.

Answer the questions.

You will have to answer the following questions:

- **Where** is the patient?
- **What** happened?
- **How** is the patient doing?

## **Important telephone numbers for emergencies:**

- Police, fire department, ambulance, poison control centre
  - Emergency doctor, emergency pharmacy
  - Support for women and children
  - Help with mental health
- ⇒ **Take a look at "Help in an emergency"**

## **First aid**

If you see someone in need:

help them!

You can save lives.

You can do a first aid course.

In this course, you will learn about how to help other people in an emergency.



⇒ **Video 1:** what do you need to do in an emergency? [First aid](#)

⇒ **Video 2:** [First aid](#) in an emergency

⇒ You can find [first aid courses](#) in Regensburg here!

**Key words:** Rescue service, ambulance, emergency, danger to life, first aid, emergency call

## Who can help me? Counselling on health and illness

Do you have a problem? Do you need someone to talk to? Does your family have a problem? Do you know someone who has a problem?

**You are not alone!**

## Pregnancy counselling

Are you pregnant? Do you need help or have questions? These centres can help you:

[DONUM VITAE in Bavaria e.V.](#)

[pro familia Regensburg e.V.](#)

[Regensburg Health Office](#)

[Caritas pregnancy counselling](#)

## AIDS COUNSELLING

Do you have AIDS? Do you need help or have questions about the disease? You can get help here:

[AIDS Counselling Centre Upper Palatinate](#)

[AIDS-Hilfe Regensburg e.V.](#)

[Regensburg Health Office](#)

## Psychosocial counselling

Do you have psychological problems? Do you have social problems? Do you need advice? You can find help here:

[Diakonie Regensburg](#)

[Bavarian Society for Mental Health e.V.](#)

[Regensburg Health Office](#)

[Crisis service Horizont](#)

[Telephone counselling Regensburg](#)

## Addiction

Are you an addict? These centres can help you:

[Caritas addiction counselling](#)

[KISS - self-help centre](#)

[Regensburg Health Office](#)

[Alcoholics Anonymous](#)

[DrugStop](#)

[Addiction in old age](#)

## **Eating disorders**

Do you have problems eating? You can no longer eat normally? Get help here:

[Waagnis](#)

**Keywords: pregnancy, pastoral care, addiction, counselling**

## **MiMi - With migrants for migrants (MiMi-Bayern)**

Do you live in Regensburg and come from another country? Do you want to learn something about the healthcare system in Germany? Do you want to help other migrants find their way around the German system?

## **The MiMi-Bayern project offers:**

- Free training as a "health pilot" (about 50 hours).
- Trained migrants give other migrants information on health and illness.

## **Contact:**

[Office for Integration and Migration](#)

[Maximilianstraße 26 | 93047 Regensburg](#)

[e-mail address](#)

[Telephone](#)

[Further information on the Internet.](#)

MiMi-Bayern is a project of the Ethno-Medical Centre e.V. and is funded by the Bavarian State Ministry of Health and Care and MSD SHARP & DOHME GMBH. The project exists in many places in Bavaria. The project has been running in Regensburg since 2015.

**Keywords: health, volunteering, illness**

**Regensburg Migrant Medical Service e.V.**

The organisation looks after the health of refugees. Many of us are studying medicine, psychology or a social subject. People from the medical field or volunteer interpreters can also help.

This is what we do:

**Personal help in individual cases:**

We help you with your medical care. For example, because you have a chronic illness. We help you to deal with your illness. We arrange medical appointments or find an interpreter.

**Medical advice centre:**

Open counselling on medical issues.

**When?** Every Thursday from 4 to 6 pm

**Where?** In the shared accommodation centre at [Dieselstraße 3](#).

We can also make appointments with the doctor and find interpreters here.

There are no consultation hours during the semester break.

You can find information here:

<https://www.migramed.de/>

or

[on Instagram](#)

Write us an email to [info@migramed.org](mailto:info@migramed.org)

**Keywords: migrants, health, health system, volunteering, help, information, medicine, counselling, care**

## KISS Regensburg

KISS Regensburg helps you to find a self-help group.

**Self-help (=learning to help yourself)**

There are various groups in Regensburg.

In self-help groups, people with similar problems meet and talk together.

For example, if you have a health problem.

This group can help you to feel better.

You can get in touch [here](#):

[KISS Regensburg](#)

Self-help organisation in the city and district of Regensburg

Telephone: [\(0941\) 599 388 610](tel:(0941) 599 388 610)

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