



Stadt Leipzig
Referat Ausländerbeauftragter



Health guide for **Migrants**

Prevention and health care

Gesundheitswegweiser
für Migrantinnen und Migranten

English
Englisch



Preface

Currently more than 32000 foreign nationals from 159 countries are living in the city of Leipzig. In addition there are several thousand immigrants with German origins, who primarily come from the former Russian republics. Those who are troubled by medical questions need to receive the right help at the right time which means finding his or her way round our health system. It is the objective of this guide to provide support for migrants on this issue.

From the large variety of information available on medical care, prevention and health-insurance, those were selected which are deemed particularly relevant to the target group. In addition, there are chapters on AIDS and HIV, advice for addicts, help when experiencing violence against women and girls and psychotherapy. An address directory contains necessary emergency numbers and address and telephone numbers of health emergency services, hospitals, ambulance services as well as advice centres for the city of Leipzig. This guide to health provisions is published in German and 6 other languages, where a high demand is estimated: English, French, Russian, Vietnamese, Arabic and Polish.

This guide is supplemented by an overview of doctors and psychiatrists, who speak other languages besides German. The overview was first published in May 2006 by the Department of Foreigners issues and the Health Office and had been updated in November of this year by the Health Office. (Guide to healthcare for migrants, Directory of practising doctors and psychotherapists with a knowledge of foreign languages as well as further advice services).

Both brochures are available free of charge at the Department for Foreigners Issues, the Health Office, Citizens Advice Bureaus (Bürgerämter) as well advice and contact centres for migrants. You can also find them on the website of the Department for Foreigners Issues: <http://www.leipzig.de/de/buerger/service/angebote/migranten/gesundhe/>



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1 The Public Health Service in Leipzig

The purpose of the Public Health Service in the Free State of Saxony is to protect and even to foster and promote people's health. Every rural district and every town not belonging to such a district has a Health Office., so does Leipzig. You can find the Health Office with its opening hours and advice Health Office including Leipzig on the [internet: www.leipzig.de](http://www.leipzig.de) 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 and a range of advice services which are tailored to the particular needs of children, young people, disabled persons and citizens who have run into difficult health and social problems. Medical treatment is the responsibility of practicing doctors, not the Health Office. However, the Health Office offers inoculations. 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 (at the age of four) and schools at regular intervals (when school is started and in grade 2 or 3 and in grade 6). The object of this service offer is to early establish developmental disorders, handicaps or diseases in your children and to introduce the medical-diagnostic and therapy or possibly pedagogical measures of treatment required in good time. Besides, inoculations are recommended or on occasion 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 particularly important that transmissible diseases such as tuberculosis, catarrhal jaundice, viral influenza (catarrhal fever) or salmonellae's are found out in good time so as to be able to prevent them from being spread. Before citizens start planning travels abroad they can find out which inoculations are necessary, and in many Health Offices, if necessary 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). Persons working in kitchens of restaurants, teens, cafés or other facilities that offer or the purpose of which is to provide food communally or for some clientele also require this instruction.

The Sociopsychiatric Service

The Sociopsychiatric Service in Leipzig is part of the network Psychiatry in the community and offers help and support

- to people in a mental crisis,
- to people with mental diseases of old age (e.g. Alzheimer's disease),
- to friends and carers of mentally-ill people

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 decentralised accommodation 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. They have 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 protection 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?

Contributors in terms of health insurance are: blue collar and white collar workers, apprentices, unemployed people, students, pensioners, artists and publicists. Contributors are all those employees whose remuneration resulting from their employment amounts to more than 400 euros and to less than 47700 euros (as per 2007).

Even people who belong to an insured person's family and have their residence in Germany can be covered by this contributor's person's health insurance if they have no or little 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 full time education 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 vary much from insurancefund 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. So it is worthwhile to which comparing 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

Workers and employees can take out voluntary legal health insurance provided their regular annual income exceeds the annual income limit of 47700 Euros and has done so for three consecutive calendar years.

Private health insurance

In future, only people currently exceeding the annual income limit and who did so for all three previous years, can be exempt from legal health insurance. The actual regular annual income had to exceed the respective annual income limit. This new regulation does not apply to people who were privately health insured on the deadline (02.02.2007) or who prior to that date had cancelled their voluntary legal health insurance and changed to private health insurance.

Insurance cover abroad

Within the framework of international and supranational arrangements, costs of treatment abroad are borne by the legal health insurance funds. Among the parties to such arrangements with Germany are the state members of the European Union and a number of other countries. Before you travel abroad be sure to get in touch with your health insurance fund to find out whether such agreements exist with the countries you want to travel to. They will make a health insurance voucher or an extended insurance card available to you. Nevertheless, it might be useful to get additional private foreign country health insurance

3 Specific regulations on medical care according to Code of Social Law XII and the Benefits for Asylum Seekers Act

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Medical care in accordance with Code of Social Law XII (SGB XII)

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. Healthinsured persons are subject to co-payment to medicine, medical aids, remedies visits to the doctor and stays in hospitals as provided by law (see chapter 7 Medicine and chapter 4 Care provided by the Family Doctor).

Annual co-payments for persons receiving benefits in accordance with SGB XII must not exceed 2% of the so-cial welfare standard rate for the head of a household. A maximum limit of 1 % applies to the chronically sick here.

Medical care in accordance with the Benefits for Asylum Seekers Act (AsylbLG)

Asylum seekers, foreigner nationals holding a residence permit according to Article 23 Para. 1 or according to Article 24 as a result of a war in their home country or according to Article 25 Para. 4 line 1 or Para. 5 of the Residence Act and foreign nationals with exceptional leave to remain as well as those obliged to leave the country are entitled to medical care under the Benefits for Asylum Seekers Act.

Medical care for beneficiaries pursuant to Article 3 AsylbLG is limited. 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 those persons 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 checkups:

- preventive medical check-ups during pregnancy, benefits for both delivery and care after the child has been given birth to
- Legaly required children's preventive examinations (s. chapter 12 Examinations for children and young adults)
- inoculations for children; vaccinations against tetanus, diphtheria and poliomyelitisfor adults Beneficiaries receiving benefits under Article 3 of 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. Beneficiaries under Article 3 of the above Act do not have to make any co-payments out of their own pockets.

Beneficiaries under Article 2 of the Benefits for Asylum Seekers Act are insured with a health insurance fund of their choice, 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, medical aids, remedies, visit to the doctor and stays in hospital. The same co-payment limits apply as for beneficiaries according to SGB XII (see above).

The legal provisions for cases of hardship apply to them, likewise.

4 Care provided by the Family Doctor

Medical care can take the form of either outpatient or inpatient 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 surgery hours without an appointment. You will, however, have to allow for a possibly longer waiting time. 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 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 checkups, 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%, 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

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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%, 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. 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 health. For this reason, it is absolutely essential to have the oral cavity regularly checked. This way, diseases of the gums such as periodontitis 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 they will show a great deal of empathy and do their best to cause little or no pain to you. If you are afraid of dental treatment, you should inform your dentist before treatment. Often talking trustfully and openly to them 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-ray-ing, examination of the gums and once a year scaling (i.e. removing dental calculus) belong here. The patient must pay a 10 euro surgery fee only if further treatment is needed. As a matter of principle, children and youths under 18 years of age are exempt 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 healthinsured 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 up to 30% in addition to the fixed subsidy. Books of bonuses are available in your dentist'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 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

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 coinsured family members either.

6 Stays in Hospital and Emergency situations

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 outdoor patient the referral in writing. Under certain circumstances a public fund 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:

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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 allowance 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 inpatient 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 casebased 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 inpatients 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. When you use this service for the first time in a quarter, a surgery fee of 10 Euro also has to be paid here. If you require further emergency treatment during this quarter, you only have to show the receipt for the already paid surgery fee.

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.

7 Medicines

In Saxony, 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. These kind of medicines are 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, but does not exceed the actual cost of the medicine. 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 2% of her or his yearly gross income.

Exception: Low income households and chronically ill people may apply for an exemption. 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) and participates in a structured treatment programme available for the treatment 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.
5. the chronically sick person has regularly undergone all legally required health examinations after 1st January 2008 prior to the illness. (Only applies to persons born after 1st April 1972)
6. the chronically sick person, suffering from a type of cancer, where early warning examinations are available, has regularly undergone this examination after 1st January 2008 prior to the illness. (Only applies to women born after 1st April 1987 and men born after 1st April 1962)
7. the doctor determines that the insured behaves in accordance with his or her therapy.

In these cases the co-payment is limited to 1% of your annual income per year. For this reason it is important for you to collect and retain all receipts proving your copayments, 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 the limit. 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 immunode-ficiency virus = virus undermining the human defense mechanism to the point of deficiency

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

AIDS is a serious weakness of the bodies' builtin defenses caused by HIV. AIDS renders the body defenseless 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. you 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 (see the list of addresses) There you can find out 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 or not is left to your free will.

The HIV test must not be carried out without your knowledge or 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 can get them in supermarkets, pharmacies and other chemists' shops and in filling stations as well as from vending machines.

9 Advice and support for addicts

The development of dependent behaviour, an addiction, is often the result of a long process, taking place in many small steps. Behaviour, experience, habits and personality change often go unnoticed.

What is an addiction?

An addiction means a behavioural pattern described as the irresistible and increasing craving for a certain feeling or experience. There are substance related addictions which are divided in legal substances (e.g. alcohol), and illegal substances (e.g. cannabis) and non substance related addictions, such as eating disorders and gambling addictions. All forms of addiction have a dangerous developing circle of experience, repetition, familiarisation up to the point of abuse in common. Addiction is a disease, based on a variety of mental problems often accompanied by a physical and social loss.

What is addiction treatment?

Addiction treatment supports people who due to their addictive behaviour are unable to help themselves and who have an increasingly negative impact on their own personality, their personal environment as well as their family members. Its objective is to guarantee the

survival of the person affected, to stabilise and integrate them and to support an abstinence-oriented life. Addiction treatment includes: prevention, advice, treatment and aftercare in special advice and treatment centres, clinics, selfhelp groups and in-patient and out-patient treatments.

What are addiction advice and treatment centres?

The addiction advice and treatment centres are open to everyone with questions regarding addictions, but they are in particular for people affected and their family members.

Consultations are voluntary and free of charge. Centres offer individual, family and group consultations as well as online consultations and out-patient rehabilitation. The primary goal is to initiate short, medium and long-term support processes and not just to pass on factual information. If requested, advice centres can arrange for self-help groups, therapeutic flat shares and in-patient treatment. The advice centre workers are bound to professional discretion according to Article 203 StGB (Penal Code). This means all information is treated confidentially. In addition, under the terms of Article 53 StPO (Code of Criminal Procedure) they have a right to refuse to give evidence with respect to consumers of illegal substances.

What are self-help groups?

Self-help groups are, as the name suggests, self-organised associations of people who suffer from the same problem and who support each other in coping. Experiences, information and emotions can be shared in regular meetings. The focus is on the dealing with social and mental problem situations. The participants alone are responsible for the effectiveness of the group through their own contributions. The groups are free of charge and are not subject to professional monitoring.

10 Assistance in case of Violence against Women and Girls

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 husbands, wives or cohabittees, common law spouses as well as relatives 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

- insulting
- sexual coercion, rape
- trespass (breach of domestic peace)
- maltreatment of those under one's protection
- willful 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 or the Public Prosecution Department 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 defence secured. Even if the police resorts to banishing the offender from your place for seven 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 disadvantage.
- Even, 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 under the terms of the violence prevention law and a stay in a women's refuge will only have a bearing on your legal status of residence or stay when family cohabitation is definitely not continued any longer, even if the marriage has not been divorced.

- It is important to have all injuries documented by a doctor. This is particularly important for female migrants with a status of residency or stay of their own, if necessary to show the particular severity to the Migrant office.
- 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 city or even to another city/rural district.

11 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.

are three therapeutic methods that in Germany are recognized by the legal health insurance funds and are therefore paid for:

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

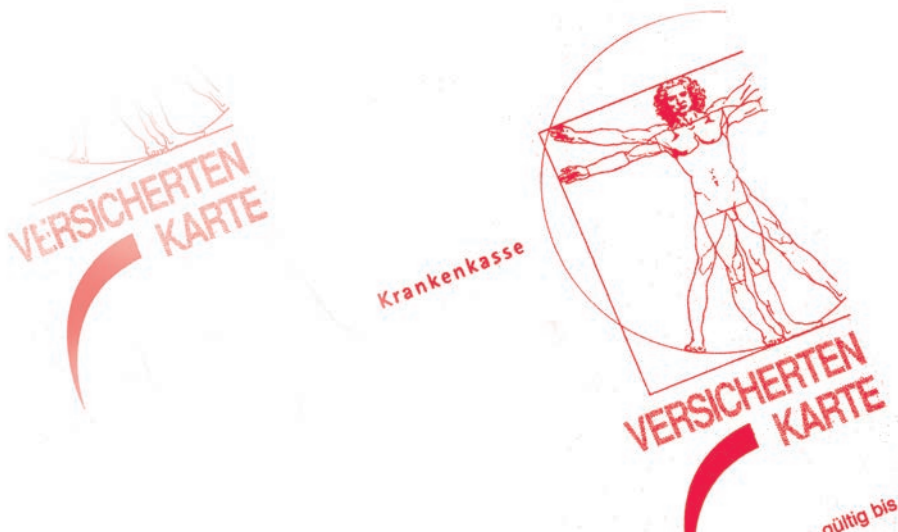
These three methods are equally good in quality. For the patient it is essential to talk things over with the therapist and to determine which therapy suits best in her or his case.

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 means they are not reimbursed to members of legal health insurance funds.

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 five 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. You will find the addresses and telephone numbers of psychotherapists either at the Yellow Pages of Leipzig or at the home-page of the **Kassenärztliche Vereinigung** (Association of Doctors on the Register of the National Health Insurance Scheme) (www.kvs-sachsen.de).



12 Chart of Preventive Medical Check-Ups and Inoculations

12. 1 Which early warning and preventive examinations are recommended and are paid for by legal health insurance?

(source www.die-gesundheitsreform.de)

Early Diagnosis of Cancer

Examination	Age	Sex	Frequency	Comments	Further information
examination of genitals	From the age of 20	women	annually	<ul style="list-style-type: none"> • systematic anamnesis • Colposcopy of portio vaginalis • inspection of the neck of the womb (cervix) • cancer smear test and cytological examination • gynecological touch examination (palpation) • consultation on the findings 	<p>Guideline on the early diagnosis of cancer</p> <p>website: www.g-ba.de</p>
Examination of breasts (in connection with an examination of the skin)	From the age of 30	women	annually	<ul style="list-style-type: none"> • systematic anamnesis (e.g. ask women about changes/ complaints) • examination and palpation of breast and regional lymph nodes including instructions on examination by oneself • consultation on the findings 	<p>Guideline on the early diagnosis of cancer</p> <p>website: www.g-ba.de</p>
Examination of the prostate gland and the genitals (in connection with an examination of the skin)	From the age of 45	Men	annually	<ul style="list-style-type: none"> • systematic anamnesis • examination and palpation of the external genitals • touching of the prostate gland through the rectum • palpation of regional lymphnodes • Informing of findings and consultation 	<p>Guideline on the early diagnosis of cancer</p> <p>website: www.g-ba.de</p>
Examination of large intestine (colon) and rectrum	From the age of 50	Women and men	annually	<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) 	<p>Guideline on the early diagnosis of cancer</p> <p>website: www.g-ba.de</p>

Examination	Age	Sex	Frequency	Comments	Further information
Enteroscopy	From the age of 55	Women and men	Two examinations with a 10-year interval between them	<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 	<p>Guideline on the early diagnosis of cancer</p> <p>website: www.g-ba.de</p>
Mammography-Screening	Between the age of 50 and the age of 70	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 	<p>Guideline on the early diagnosis of cancer</p> <p>website: www.g-ba.de</p>

Health Check-up					
Examination	Age	Sex	Frequency	Comments	Further information
Check-up	From the age of 35	Women and men	Every two years	<ul style="list-style-type: none"> • 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). Among other services this includes: • 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 based on the results 	<p>Guideline on health examinations</p> <p>website: www.g-ba.de</p>

Preventive Dental Examinations					
Examination	Age	Sex	Frequency	Comments	Further information
examination to find ailments of teeth, mouth and jaws	<ul style="list-style-type: none"> • until 6 years of age • from 6 to 18 years 	Girls and boys	<ul style="list-style-type: none"> • three times until the age of 6 • once every six month from 6 years on 	<ul style="list-style-type: none"> • assessment of the risk of tooth decay • advice regarding mouth hygiene • inspection of the inner mouth (oral cavity) • motivating patients to undergo prophylaxis <p>If necessary</p> <ul style="list-style-type: none"> • local application of fluorine to harden tooth enamel • sealing of caries-free fissures and dimples of back teeth 	Guideline on children, Guideline on Preventive Dental Examinations Guideline on individual prophylaxis
Preventive Dental Examinations	From the age of 18	Women and men	Once every 6 month	<ul style="list-style-type: none"> • Thorough examination • Examination according to the book of bonuses <p>No surgery fee has to be paid for two examinations for an adult per year. The point just mentioned also Apply, when in the same sessionscaling (removal of scale/tartar) x-raying or a sensibility test is performed or the PSI code established.</p>	Article 55 Paragraph. 1 line 4 and 5 Code of Social Law V website: www.kzbv.de

12. 2 Preventive Examinations during Pregnancy

(source: www.die-gesundheitsreform.de)

Examination	Further information
<p>Health care in pregnancy (prenatal care) embraces the diagnosis of pregnancy(cyiesiognosis) 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. 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>website: www.g-ba.de</p>

12.3 Examinations of Children and Youths (source www.die-gesundheitsreform.de)

Children and youths until the age of 18 are exempted from the payment of surgery fees. Legal healthinsurance 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.

Health Check-up

Examination	Age	Sex	Frequency	Comments	Further information
U-type examinations (children)	From birth until the age of 6	Girls and boys	Nine examination in the first six years of life, beginning immediately after birth (U1 to U9)	<p>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:</p> <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 • language and logopaedic disorders • the teeth, the jaws and the mouth • the skeleton and the musculature (system of muscles) 	<p>Guideline on the early diagnosis of cancer</p> <p>website: www.g-ba.de</p>
J-type examinations (young adults)	Regularly between the completed 13. and the 14. year (+/- 1 year)	Girls and boys	One examination)	<p>In keeping a medical history special emphasis is made, among other things, on:</p> <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. • status of inoculations 	<p>Health examinations for young adults</p> <p>website: www.g-ba.de</p>

12.4 Saxon inoculation calendar, as of: 01.04.2007

Age	Inoculation against:
From the 3 rd . month on	Start of first inoculations against: Diphtheria, (D) – Pertussis (Pa) – Tetanus (T) Haemophilus influenzae, type B (Hib) Poliomyelitis (IPV) Hepatitis (HBV) Meningococcus C (3. month to 18. year) Pneumococcus (3. month to 2. year)
From the 13.month on	D, Pa, T, Hib, HBV completion Measles-Mumps-Rubella (MMR) First inoculation Hepatitis A and B , if HBV was started as a baby Chicken pox (VZV) for all children who had not contracted chicken pox yet
From the age of 6	Diphtheria – Pertussis – Tetanus (DTPa or Tdpa) Booster inoculation Measles-Mumps-Rubella (MMR) Second inoculation
From the age of 10	Chickenpox (Varicella) (VZV) Only people who were not inoculated and who had not contracted chickenpox yet
From the age of 11	Poliomyelitis (IPV) Booster inoculation Tetanus – Diphtheria – Pertussis (Tdpa) Booster inoculation
From the age of 2 to 18	Hepatitis B , in combination with inoculation Hepatitis A recommended, 3. inoculation
From the age of 13 to 18	HPV (Humane Papillomavirus) , (Inoculation against cervical cancer for girls)
From the age of 50	Influenza Yearly in autumn
From the age of 60	Pneumococcic infection Every six years
From the age of 10	Tetanus – Diphtheria (Td) Poliomyelitis (IPV) Pertussis (Pa)

Please bring your inoculation card when seeing your doctors. Please ask your doctor, if you missed an inoculation.

13 Address directory

(Specification without guarantee)



Emergency numbers

112 Fire brigade / Emergency Medical Services
(free phone number, available at anytime 24/7)

110 Police (free phone number, available at anytime 24/7)

19292 Medical emergency service
Monday to Friday 7 pm -7 am, Wednesday and Friday after 2 pm,
Saturday, Sunday and Bank holiday 7-7 o'clock

19292 Information about doctors on duty
Saturday, Sunday and public holidays 9 am -12 pm
and 3 pm - 5 pm
Wednesday and Friday 2 pm -7 pm

19292 Information about pharmacies on duty
Monday to Friday 6 pm -8 am the following day,
Saturday, Sunday and public holidays
8 pm - 8 am the following day

19222 Medical transport of the city of Leipzig

963670 Medical emergency centre
Riebeckstr. 65, 04315 Leipzig

Hospitals

909-0 Hospital "St. Georg" Leipzig

97-109 Universitätsklinikum Leipzig
(Universtiy Clinic Leipzig)

444-4 Ev. Diakonissenhospital Leipzig

3959-0 St. Elisabeth Hospital

865-0 Institutions of RHÖN-KLINIKUM AG:
Herzzentrum (Heart centre)Leipzig GmbH

870-0 Soteria Klinik Leipzig GmbH

864-0 Park-Hospital Leipzig-Südost GmbH

Health Office

123-6809	Mailing address	Street address
	Stadt Leipzig	Friedrich-Ebert-Str. 19a
	Gesundheitsamt	04109 Leipzig
	04092 Leipzig	Gustav-Mahler-Straße 1-3

123-6845/ 6842	Medical service for children and young adults
	Gustav-Mahler-Straße 1-3, 04109 Leipzig
9445112	Miltitzer Allee 26, 04205 Leipzig
6886050	Hermann-Liebmann-Str. 79, 04315 Leipzig

123-6889 9445130	Psychiatric service for children and young adults
	Gustav-Mahler-Straße 1-3, 04109 Leipzig
	Miltitzer Allee 36, 04205 Leipzig

123-6957/ 6955/6953 9445114	Dental service for young adults
	Gustav-Mahler-Straße 1-3, 04109 Leipzig
	Miltitzer Allee 36, 04205 Leipzig

123-6909 Hygiene and environmental medicine

123-6954 Public Health Evaluation centre

**123-6756/
6753** Advice centre for people with disabilities

123-6934 Inoculation and examination centre

123-6869 Tuberculosis care

Social paediatrics centre Leipzig

98469-0 (Diagnosis and therapy of development warning signs and disorders in children)
Delitzscherstraße 141, 04129 Leipzig
(on the site of St. Georg Hospital)

Social psychiatric centre

(Crisis intervention and advice)
Social psychiatric service of the network Psychiatry in the community Leipzig Responsible body:
St. Georg Hospital Leipzig
Offers: preventive, accompanying and aftercare support for the chronically psychiatric ill

Health guide for Migrants

Branch:

35534400 Eitingonstraße 12
(Branch North-West, North, Central) 04105 Leipzig

2318930 Kieler Straße 65, (Branch North-East) 04357 Leipzig

8692060 Schönbachstraße 2 (Branch East, South-East, South)
04299 Leipzig

**44422-20/
70** Friesenstraße 8 (Branch South West / Old West)
04177 Leipzig

415389-0 Potschkastraße 50, (Branch Grünau) 04209 Leipzig

Emergency service, contact points in acute crisis situations and advice centres

0800 / 111 - Telephone counselling

0111 und - (free of charge, available at any time, 24/7)
0222

4120920 Children and young adult emergency service

Day and night: Admittance and care for children

4112130 between the ages of 0 and 12)

Ringstraße 4, 04209 Leipzig

4112130 counselling, emergency shelter

(12 years and older),

Ringstraße 4, 04209 Leipzig

(free of charge, available at any time, 24/7)

0800 Children and young adult telephone number

111 0 333 (free of charge, anonymous)
Monday to Friday 3 – 7 pm)

0800 0 Parent telephone

111 0 550 (free of charge, anonymous)
(Montag, Mittwoch und Freitag 9 Uhr – 11 Uhr
Dienstag und Donnerstag 16 Uhr – 20 Uhr)

5503221 Girls in distress

Schachtstraße 14, 04155 Leipzig
(any time)

3911199 Emergency number for women

Schenkendorfstraße 27, 04275 Leipzig
(any time)

4798179 1. Autonomous women's refuge shelter Leipzig
(available any time)

2324277 Women's and children's refuge
(available any time)

0163 - Women protection flat
4505998 (available any time)

3068778 Coordination and intervention centre against domestic violence (KIS)

Schenkendorfstraße 27, 04275 Leipzig

3553-4444 Trust-line

Network Psychiatry in the community Leipzig)
(Monday to Friday 7 pm – 7 am, Saturday, Sunday and public holidays (available any time)

3553-4333 Contact point in crisis situations

(Network Psychiatry in the community Leipzig)
(Saturday, Sunday and public holidays 9 am – 7 pm
(available any time))

258979 **Clearing centre GeKomm**
0163-
3200579 (Health needs communication)
 Arrangement of medical and psychosocial care for refugees and of interpreters for refugees and institutions of medical and psychosocial care
 Friedrich-Ebert-Straße 19a, Zimmer 213 04109 Leipzig

Addiction advice and treatment centres:

123-6768 **IKUSH – Intercultural medical and addiction**
6788 **support**

Prevention and advice for migrants and from migrants

6813674 Monday to Friday 10 am to 6 pm, Konradstr. 64
 within „Dialog-Projekt“, 04315 Leipzig,
 Language: Kurdish, Arabic, Russian, Vietnamese

0173/ Wednesday 2 pm to 4 pm: Heinrichstr. 18, 1. floor,
5960780 in centre for drug support (Zentrum für Drogenhilfe)
6870693 04317 Leipzig,
 Languages: Persian, Romanian, English
 Consultations in a variety of languages
 by appointment

4206097 Thursday 4 pm to 6 pm: Odermannstr.19 within
 Project SALVE of RAA Leipzig,
 04177 Leipzig, Languages: Russian, Arabic

91356-0 **ALTERNATIVE I Addiction advice and treatment**
centre and overnight accommodation

Advice, overnight accommodation for homeless drug addicts, syringe exchange, a place to meet and open and friendly offers
 Chopinstraße 13, 04103 Leipzig

687069-2/ **ALTERNATIVE II / Addiction advice and**
687069-3 **treatment centre**

Advice and other abstinence-oriented offers for drug addicts, medical care and substitution, outpatient psychotherapy
 Heinrichstraße 18, 04317 Leipzig

23419-0 **House »Alt-Schönefeld« Addiction advice and**
treatment centre and overnight accommodation

Advice and other abstinence-oriented offers for drug addicts, medical care and substitution, outpatient psychotherapy
 Heinrichstraße 18, 04317 Leipzig

9618073 **“SuchtKontakt Känguruh” Addiction advice**
and treatment centre

Advice, recognised therapy centre for alcohol, medicine and drug dependency, alcohol-free cafeteria, structuring of daily routines, cannabis groups and doctor consultation hours, help to quit smoking
 Beethovenstraße 21, 04107 Leipzig

444-2221 **“Regenbogen” Addiction advice and**
treatment centre

Advice, recognised therapy centre for alcohol, medicine and drug dependency, alcohol-free cafeteria, structuring of daily routines, cannabis groups and doctor consultation hours, help to quit smoking
 Friesenstraße 8, 04177 Leipzig

4217211 **Addiction advice and treatment centre in**
Grünau

Advice, recognised therapy centre for alcohol and medicine dependency
 Potschkastraße 50, 04209 Leipzig

5662424 **Addiction advice “Impuls”**

Recognised therapy centre for alcohol, medicine and drug dependency; Support with gambling addictions
 Möckernsche Str. 3, 04155 Leipzig

92657- 0 Suchtberatungsstelle Blaues Kreuz
Beratungsstelle, Suchtberatung in der JVA,
Raucherentwöhnungskurse, Facharzts-
prechstunde, Ergotherapie, Betreutes
Wohnen, Suchtberatung für gehörlose
Menschen, Suchtberatung für russisch-
sprachige Aussiedler /Migranten,
Selbsthilfegruppen, Angehörigengruppen,
Tagestreff „Blaues Café“

Advice centres HIV and AIDS

123-6894/ Health Office
6896 Advice centre for sexually transmitted diseases
and AIDS
Gustav-Mahler-Straße 1-3, 04109 Leipzig

2323126/7 AIDS-Hilfe Leipzig e.V. (AIDS support
Leipzig e.V.)
Ossietzkystraße 18, 04347 Leipzig

Advice centres for pregnancy and
pregnancy conflicts

4156417 Arbeiterwohlfahrt (National Society of Labour
Welfare) Kreisverband Leipzig - Stadt e.V.
Pregnancy advice
Ludwigsburger Straße 1, 04209 Leipzig

3035-203/ DRK Kreisverband Leipzig Stadt e.V.
204 (German Red Cross)
Advice centre for pregnant women and families
Brandvorwerkstraße 36a, 04275 Leipzig

1406040 Diakonisches Werk Innere Mission Leipzig e.V.
Protestant counselling centre
Ritterstraße 5, 04109 Leipzig

123-6812/ Health Office
6813 Pregnancy and family advice
Gustav-Mahler-Straße 1-3, 04109 Leipzig

2324319 PRO FAMILIA Sachsen e.V.
Advice centre Leipzig
Engelstr. 4a, 04103 Leipzig

4800160 donum vitae e.V.
Advice for women during pregnancy and
pregnancy conflict
Karl-Heine-Straße 4, 104229 Leipzig

9636138 Caritasverband Leipzig e.V.
Pregnancy advice centre
(Conflict advice in accordance with Article 219
without proof of advice, support with miscarriage
and stillbirth)
Elsterstraße 15. 04109 Leipzig

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Coordination and intervention centre against domestic violence (KIS)

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The City of Leipzig
Department for General Administration

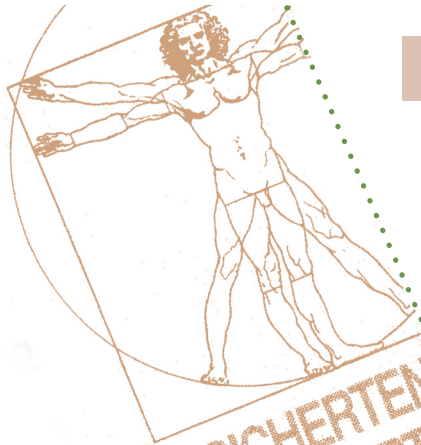
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HERTEN
KARTE

Krankenkasse



VERSICHERTEN
KARTE