

---

**Current information and offers for the counseling of refugees  
for Pregnancy counseling centers**

**Offers / information for refugees**

- [hilfetelefon.de](https://www.hilfetelefon.de): Multilingual "Violence against Women Help Line," tel. 116 016, also online counseling. Counseling in: Russian, English, Turkish, French, Spanish, Portuguese, Italian, Polish, Serbo-Croatian, Chinese, Bulgarian, Romanian, Arabic, Persian and Vietnamese.
- <https://www.hilfetelefon-schwangere.de/> Multilingual "Pregnant and Many Questions Help Line," tel. 0800 40 40 020, also online counseling. Counseling in: Russian, English, Turkish, French, Spanish, Portuguese, Italian, Polish, Serbo-Croatian, Chinese, Bulgarian, Romanian, Arabic, Persian and Vietnamese.
- Information site to protect against fraudulent offers of help. Languages: Ukrainian, Russian, German and English. [To the info page](#).
- Nora, is the official emergency call app in Germany. With the app you can reach the police, fire department and ambulance quickly and easily.  
To the information page in [Ukrainian](#)  
To the information page in [English](#)  
To the information page in [German](#)
- Information for refugees on the asylum procedure and refugee protection, in different languages. [To the information page](#).
- Guide for refugees <http://fluechtlingsrat-bw.de/informationen-fuer-fluechtlinge.html>.
- Brochure: "[Welcome to Germany](#)" In the languages: Russian, English, Arabic, Farsi, German, French, Polish, Bulgarian, Turkish, Greek, Italian, Portuguese, Romanian, Spanish.
- Welcome to Germany - [A Guide for Unaccompanied Minors](#). The rights of unaccompanied minor refugees are presented in a child-friendly way. In the languages: English, French, Arabic, Dari, Tigrinya, Amharic, Somali.
- Information for those seeking protection from the Information Network for Asylum and Migration. [Further information](#).

**Information for refugee women**

- Nationwide search for a pregnancy counseling center near you:  
<https://www.familienplanung.de/beratung/beratungsstelle-finden/>
- [Multilingual flyer](#) on information for pregnant women in an emergency from the Federal Foundation Mother and Child - Protection of Unborn Life.
- Guide with [information on pregnancy and birth](#), in the languages: Arabic, German, English, Kurdish, Russian, Serbo-Croatian and Turkish. Published by Mi-mi - the health project with migrants for migrants by the Ethno-Medical Center.

- [How to register your newborn child](#) - information for refugees. The information is available in German and English.
- Anonymous and free online counseling via the app mbeon in English, Russian, Arabic and German. The counseling is provided by qualified counselors at various institutions.  
<https://www.mbeon.de/home/>.
- [App for refugee women](#) from the North Rhine-Westphalian Ministry for Health, Emancipation, Care and Old Age. The app provides information on rights in Germany and on how to get help in the event of violence. Furthermore, the app offers easy-to-understand information about, among other things, the way of life and society in Germany. German, English, Farsi, Arabic.
- Parents' info / folder: "[KURZ. KNAPP](#)". Materials for parents of babies and toddlers" (in Russian, English, Arabic, German, Turkish).
- [www.zanzu.de](http://www.zanzu.de) Web portal for migrants on the topics of body knowledge, sexuality, contraception, family planning and pregnancy, relationships and feelings HIV/STI, rights and laws in Germany.

#### General information for refugees

- Practical links and information for refugees from [Pro Asyl](#), in English and German.
- <https://www.refugeeguide.de/> Offers for the everyday life of refugees.
- [Online guide for asylum seekers](#) from the German Federal Ministry of Health with information on primary care, pregnancy, vaccinations, who does what, children and adolescents. English, German.
- Flyers: "Parent information elementary school" and "Parent information secondary schools", in 20 languages for [download](#).

#### Translation aids / foreign language

- <https://refugeephrasebook.de/> key words and statements in 40 different languages (including Ukrainian, Russian, Arabic, Kurmanci, Sorani, Urdu, Farsi), a section for [health topics](#) (as Google Docs).
- <https://www.frauenaerzte.de/>, website of Jenapharma, through which gynecologists who speak certain foreign languages can be found.

#### Specialized information for counselors

<http://www.psz-nrw.de/> Network of psychosocial centers for refugees and torture victims.