

- Health Office of the Regional Health Administration of Lisbon and Tagus Valley (ARSLVT) at the National Centre of Migrant's Integration Support (CNAIM)

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It supports migrants and health professionals across the country to ensure access to health care for migrants.

- LAM (Migrant Support Line) / STT (Telephone Translation Service)

218 106 191

Option 1: miscellaneous information;

Option 2: translation service

Provides translation support in 69 languages and dialects.

Available: working days (except holidays), from 9 am to 7 pm

- SOS Pregnancy Line

808 201 139 213 862 020

The SOS Pregnancy Line allows you to clarify doubts about pregnancy, sexuality and family planning.

Available: Working days, from 10 am to 6 pm

- World Doctors

964 444 261

mdmp-lisboa@medicosdomundo.pt

Providing primary health care to people with difficulty in accessing the NHS.

- National Centre of Migrants' Integration Support (CNAIM)

It provides support in the different difficulties experienced by migrants in their integration process in Portugal.

It has a Victim Support Office (GAV), specialized in responding to migrant victims of domestic violence and/or harmful traditional practices, including female genital mutilation (FGM) and early and forced marriages.

- North National Centre of Migrant's Integration Support (CNAIM)

222 073 810

cnaim.norte@acm.gov.pt

Available: Working days, from 8 am to 5 pm

- Lisbon National Centre of Migrant's Integration Support (CNAIM)

218 106 100

cnaim.lisboa@acm.gov.pt

Available: Working days, from 8 am to 5 pm

- Beja National Centre of Migrant's Integration Support (CNAIM)

967 071 313

cnaim.beja@acm.gov.pt

Available: Working days, from 8 am to 5 pm

- Algarve National Centre of Migrant's Integration Support (CNAIM)

808 257 257 218 106 191

cnaim.algarve@acm.gov.pt

Available: Working days, from 8:30 am to 5 pm

ACCESS TO HEALTHCARE

USEFUL CONTACTS



IOM
UN MIGRATION



EVERY CITIZEN HAS THE RIGHT TO HEALTH AND THE DUTY TO PROTECT IT. IF YOU ARE A MIGRANT AND YOU ARE SICK, OR NEED HEALTH CARE, YOU ARE ENTITLED TO BE ASSISTED IN A HEALTH CENTRE OR, IN CASE OF EMERGENCY, IN A HOSPITAL. THESE SERVICES MAY NOT REFUSE PROVIDING YOU CARE ON ANY GROUNDS RELATED TO NATIONALITY, LACK OF ECONOMIC MEANS, LACK OF RESIDENCE PERMIT OR OTHER REASONS.

USEFUL CONTACTS

> NHS 24 Helpline [Linha SNS 24]

808 24 24 24

www.sns24.gov.pt

The NHS 24 Helpline offers clinical and non-clinical services such as screening, counselling and referral to health care, psychological counselling, information on oral health, and application for exemption from fees due to economic insufficiency.

Available 24 hours a day, every day.

> European Emergency Number

112

Provides assistance in case of an emergency involving the support of an ambulance, the fire department or the police.

Available 24 hours a day, every day.

> Sexuality Support Line

800 222 003

Technical, anonymous and confidential service for clarifying doubts and providing information in the area of sexual and reproductive health.

Available: Working days, from 11 am to 7 pm. Saturdays, from 10am to 5pm.

> Disabled Citizen's Line

800 208 462

Provides information on the rights and support for citizens with some kind of disability in areas such as health, social security, housing, facilities and services.

Available: Working days, from 9:30 am to 5:30 pm

> SOS Drug Lifeline

1414

Provides counselling and referral in the area of drug addiction.

Available: Working days, from 10 am to 08 pm

> SOS AIDS Line

800 201 040

Counselling service and support in accessing health care in the area of HIV/AIDS and other sexually transmitted infections.

Available: Every day, from 05:30 pm to 09:30 pm

> Cancer Line

808 255 255

Information and support service for people with cancer and their family or friends regarding aspects concerning the disease, patient associations, patients' rights and institutions or treatment centres.

Available: Working days, from 9 am to 6 pm

> GAT - Treatment Activist Group

21 096 78 26

geral@gatportugal.org

Rapid tests and free consultations for Sexually Transmitted Infections (STI), support in accessing health care for STI, distribution of sexual prevention materials (condoms and lubricants) and social support.

> Victim Support Line

116 006

The mission of APAV - Portuguese Association for Victim Support - is to support victims of crime, their families and friends, for example, in cases of domestic violence. The services provided are confidential.

Available: Working days, from 8 am to 10 pm

> Take care of yourself Project

800 222 003

A youth health program aimed at young people between the ages of 12 and 25. Provides free and confidential services, provided by professionals specialized in youth health.