

Better Start

HELP for PREGNANT WOMEN and young MOTHERS without health insurance. For free.

English

Pregnancy

Counseling and accompaniment

Especially with your first child it is important not to be alone. You are insecure and have some questions? It does not always have to be a doctor – midwives and women's groups can give you important information and the opportunity to meet experienced women with whom you can talk and who will have time for you.

F.E.M. - Frauengesundheitszentren, Semmelweislinik, 1180 Wien, 01/476 155 771, Kaiser-Franz-Josef-Spital, 1100 Wien, 01/601 915 201, www.fem.at

GENEA Caritas, Beratung für Schwangere, werdende Väter und Eltern, Wiedner Hauptstraße 140, 1050 Wien, 01/545 3298, www.caritas-wien.at

HEBAMMENZENTRUM, Lazarettgasse 8, 1090 Wien, 01/408 8022, www.hebammenzentrum.at

ELTERN-KIND-ZENTREN der MAG 11, 01/400 020 894, www.wien.gv.at



You are under 20 years old? This means you need particular support. You are having social problems? No documents? No accommodation for you and your child, no money for food, clothes or diapers? Every one of the following facilities will help and support you – several of them offer counseling in your mother tongue too.

YOUNG MUM, Begleitung für schwangere Teenager und ihr familiäres Umfeld, HAUS LENA, Alsgasse 6, 1170 Wien, 01/400 884 406, www.young-mum.at

You are a victim of violence, forced marriage or genital mutilation? FRAUENNOTRUF WIEN, 01/71 719 (0-24 o'clock). Do you want to talk to someone about your worries? TELEFON-SEELSORGE, 142 (0-24 o'clock).

Mutter-Kind-Pass

Even if you are feeling healthy preventive medical care during your pregnancy is necessary in order to recognize problems as early as possible. All of the five prescribed examinations for pregnant women are free. It is important to have the examinations done in time since you will not be able to file for the whole "Kinderbetreuungsgeld" without confirmation (date, stamp) later! The baby is supposed to be examined five times until the age of 14 months. In Vienna your child receives every recommended vaccination for free at 'Eltern-Kind-Zentren' of MAG11.

You are not able or willing to contact a public institution? You will not only receive the Mutter-Kind-Pass-examinations but also general counseling on planning a family for single mothers and families at AmberMed.

ELTERN-KIND-ZENTREN der MAG 11, 01/400 020 894, www.wien.gv.at

AMBERMED, Oberlaaerstraße 300-306, 1230 Wien, 01/589 00 847, www.ambermed.at



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Childbirth

If you are about to give birth, no hospital is allowed to reject you. Without health insurance, however, you are a private patient, which means you will have to pay between 3000 and 5000 euros for childbirth without complications (payment by installments possible). If you will not be able to pay the hospital bills, contact one of the following organizations as soon as possible during your pregnancy:

AKTION LEBEN, Diefenbachgasse 5, 1150 Wien, 01/512 5221, www.aktionleben.at

ST. ELISABETH-STIFTUNG, Arbeiterg. 28, 1050 Wien, 01/545 522 210, www.elisabethstiftung.at



A home birth is possible in Austria, although a midwife will have to guide you and every Mutter-Kind-Pass-examination has to have been done. You can expect it to cost about 2000 euros. If you decide not to raise the child but to give it free for adoption, you can make use of anonymous and free childbirth in every hospital in Austria.

The baby is here

Many organisations will counsel you on questions such as diet, health and taking care of your child and help with medical and mental problems after giving birth.



LA LECHE LIGA, Zentagasse 6/13, 1050 Wien, 0650/8712 196, www.lalecheliga.at

F.E.M. - Elternambulanz Wilhelminenspital, Montleartstraße 37, 1160 Wien, 01/491 504 277

ELTERN-KIND-ZENTREN der MAG 11 für den 6., 10., 11., 12., 16., 20., 21., 22., 23. Bezirk, 01/400 020 894, www.wien.gv.at

NANAYA - Zentrum für Schwangerschaft, Geburt und Leben mit Kindern, Zollergasse. 37, 1070 Wien, 01/523 1711, www.nanaya.at

HEBAMMENZENTRUM, Lazarettgasse 8, 1090 Wien, 01/408 8022, www.hebammenzentrum.at

GUT BEGLEITET - Frühe Hilfen, Börsegasse 9, 1010 Wien, 01/5321 515 153, www.die-moewe.at

Medical help

You or your child need to see a doctor but you cannot pay? General practitioners offer help for you and your family, if necessary by transferring you to specialists, labs and diagnostic centers for free, without an ID and by request anonymously.

AMBERMED, Oberlaaerstr. 300-306, 1230 Wien, 01/589 00 847, www.ambermed.at

NEUNERHAUS, Margaretenstraße 166, 1050 Wien, 01/9900 909 500, www.neunerhaus.at

LOUISE-BUS der Caritas, Lacknergasse 98, 1180 Wien, 01/479 239 421, www.caritas-wien.at

Treatment at the hospital

Adults can visit the following ambulances for free: KRANKENHAUS DER BARMHERZIGEN BRÜDER, Johannes-von-Gott-Platz 1, 1020 Wien, 01/211210, www.barmherzige-brueder.at