



Taking care
of **my health:**
Where should



I go?



• **PASS** •

Access to
Health Services

► **CPEF** ◀

Planned
Parenthood
Centers

• **CeGIDD** •

Free center for
information, testing,
HIV and STIs
diagnosis

► **PMI** ◀

Maternal
and Child
Protection Centers

• **CMP** •

Medical
and Psychological
Center

► **Day center** ◀



In France, it doesn't matter whether you are undocumented and/or without money, there will always be facilities to welcome you and **take care of you and your family.**



Here are the facilities you can go to and take care of your health, it's **free** and **confidential.** Nothing is required, **you choose** where you need to go.

● PASS

If you **don't have health coverage** and you need to **see a doctor**, you can go to a **PASS.** They are located in some hospitals and are **open to everyone.**

For example, you can:

- See a doctor.
- Do a blood test.
- Collect medicines.
- Meet a social worker.

▶ CPEF

This is a place where **listening, support, prevention** and **emotional/sexual care** is provided.

For example, if you want to, you can:

- ▶ Ask questions about sexuality.
- ▶ Get birth control methods.
- ▶ Talk about violences.
- ▶ Have an abortion.

● CeGIDD

This is a **free and anonymous** center where you can:

- Get tested for **HIV/AIDS,** STIs (Sexually Transmitted Infections) and hepatitis.
- Ask for **PrEP,** a treatment against HIV for people who are HIV-negative.
- Find information about **sexuality.**

▶ PMI

This is **a place for families, pregnant women** and **children** under the age of 6. Depending on the PMI, you can for example:

- ▶ Have a medical check-up for your child: vaccinations, weight...
- ▶ Talk about **sexual health:** birth control, testing, domestic or family violence...
- ▶ Have a medical check-up for your pregnancy.

● CMP

If you need to talk about your **emotions** or the **difficulties** you are going through or that you have been through, you can go to a CMP. Do not hesitate to speak to a general practitioner/doctor beforehand for guidance. You will be able to talk about different things like your **anxiety, violences, sleep disorders...**

▶ Day center

This is a **welcoming place to rest,** only **during the day.** Depending on the location, you can find:

- ▶ Breakfast.
 - ▶ Showers.
 - ▶ Something to wash your clothes.
 - ▶ Lockers to put your belongings away.
- Sometimes, you can **meet with a social worker** who will help you get legal papers and manage your health appointments.

For more info



www.soliguide.fr is the website where you will find plenty of useful places for your health. You will find them in the "healthcare" section, and those facilities are free (of charge).



Comede can help you access healthcare services: **01 45 21 63 12,** Monday to Friday, 9:30 am ▶ 12:30 pm.



Sida info service if you have questions about sexuality / HIV/AIDS: **0 800 840 800.**