



Taking care
of **my health:**
who should
I meet?



doctor

médecin



nurse

infirmière



midwife

sage-femme



pharmacist

pharmacienne



psychologist

psychologue



social worker

travailleuse sociale



In France, you can **take care of yourself** regardless of your religion, your nationality or your appearance.



Here are the people who can help you take care of your health. All of them respect **medical confidentiality** and you can meet with them **for free** in various healthcare facilities. If you don't understand French, you can ask for an **interpreter**.



Doctor **/ General practitioner**

If you are ill or if you want to talk about **your health**, you can see a "**general practitioner/doctor**". Those practitioners can prescribe medications, ask for a blood test or an X-ray... If needed, they can also refer you to a "**specialist**" who treats a specific part of the human body.



Nurse

You can meet them in a hospital, in a healthcare center or in a non-profit organization. They can also come to your home. They can answer **all questions** related to **your health** and **treat you**. For example: explaining how to take a treatment, doing a blood test...



Midwife

They provide **medical care for women**.

Whether you want a child or not, they are available for your **gynecological check-up** and **birth control**. They can also support you before, during and after **childbirth**. For example: consultations, preparation for birth, weighing the baby...



Pharmacist

This is a person who works in **the pharmacy**: the place where you can find **medicines** and **advice for your health**. If you have health coverage, you can collect your medication from a city pharmacy. If not, you can go to a hospital PASS (Access to Health Services).



Psychologist

They are here to listen and will not judge you. They won't tell you what to do but will **listen** with **respect**. If you need to talk about **your feelings** or the **difficulties** you have been through or are going through, you can meet with a psychologist.



Social worker

They help people who face **difficulties**. They can **help you and your family** with certain steps: where to find food, access to health insurance... You can find them in many different facilities. For example: at the hospital, through a non-profit organization, at the town hall...

Where to find them?

You will find them in many different places.

On the **www.soliguide.fr** website 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).