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www.lecrips-idf.net

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...



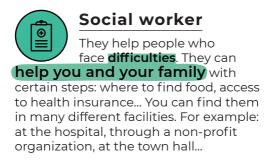
Pharmacist

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



## 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).