
HEALTH CARE IN SWEDEN

FOR EMERGENCIES OR LIFE-THREATENING SITUATIONS CALL 112

They will ask: "What has happened?" to determine whether you need an ambulance, the fire department or the police. You will also be asked: "Where has it happened?" and "From which number/address are you calling?"

Emergency calls on public telephones are free of charge. Push the emergency button and dial 112.



It is also possible to go directly to the emergency ward (Akutmottagning) of the University Hospital (Universitetssjukhuset) in Lund or Malmö 24-hours a day:

UNIVERSITETSSJUKHUSET I LUND

Getingevägen 4, LUND
Tel. 046-17 10 00

UNIVERSITETSSJUKHUSET I MALMÖ

Södra Förstadsgatan 101, MALMÖ
Tel. 040-33 10 00

POISONING (FÖRGIFTNING)

Dial 112 in case of emergency poisoning and ask for poison information. Open 24 hours a day.

For other questions concerning acute poisonings dial: 08-33 12 31, Monday-Friday 9:00am-5:00pm.

EMERGENCY PSYCHIATRIC CARE

Dial 046-17 41 00 for acute emotional or mental conditions ('Psykiatrisk Akutmottagning'). The clinic is located in the St Lars area of Lund. For non-emergencies, see Student Health (*Studenthälsan*).

NON-EMERGENCY HEALTH CARE: 1177

The first step - call 1177. This is free of charge and open 24-hours/day. With this number you can get medical advice from a registered nurse on many things including diagnosis of your symptoms and help on where to go if you need a physician. If needed, they may refer you to a local public care centre.

You can call the care centre or general practitioner (Vårdcentral - see below) on weekdays 8.00 a.m.-5 p.m to make an appointment. The cost for each visit ranges from 150 SEK to 400 SEK. It can be around 1000 SEK if you don't have a personal ID number (personnummer). **Bring your insurance information** with you to your appointment and proof that you are a student. Also keep your receipts in case you may be able to get a refund.

The answering machine messages at the health care centres are usually in Swedish. Just wait for a nurse to answer and you will be able to speak English.

HEALTHCARE CENTRES (VÅRDCENTRAL) IN LUND

VÅRDCENTRALEN ST LARS
St Lars area, Building 6, 221 85
Tel 046-275 22 00 (Message in English)

VÅRDCENTRALEN LINERO/ ÖSTRA TORN
Vikingavägen 31, 224 76
Tel. 046-275 20 50

VÅRDCENTRALEN MÅSEN
Örnvägen 28, 227 32
Tel. 046-275 19 50

VÅRDCENTRALEN NORRA FÄLADEN
Fäladstorget 4 & 18, 226 47
Tel. 046-275 21 00

VÅRDCENTRALEN SÖDERTULL
Helgeandsgatan 16, 223 54
Tel. 046-275 19 00

VÅRDCENTRALEN NÖBBELÖV
Nöbbelövs torg 1, 226 52
Tel. 046-275 22 50

PRIVATE CLINICS IN LUND

You can also visit private clinics (Läkarhus). For these you will need to make an appointment. Private Doctors and physicians are listed under 'Läkare' in a telephone directory. The prices are similar to those at the local public health care centres. Two in Lund are:

CAPIO CITY CLINIC
Clemenstorget 5, 222 21
Tel. 046-270 00 00

CAREMA
Sankt Laurentiigatan 10, 222 21
Tel. 046-280 14 00

YOUTH CLINIC (UNGDOMSMOTTAGNING)

For EU citizens up to 20 years of age, there is a Youth Clinic for questions concerning sex, sexual identity, STDs, contraceptives, etc. Consultations here are free of charge. If necessary you can get a free STD examination.

UNGDOMSMOTTAGNING
St. Södergatan 47
Tel. 046-275 24 20

MIDWIFE (BARNMORSKA)

If you need birth control, to take a pregnancy test or have other such questions, you can visit your local midwife at a Midwife Centre (barnmorskemottagning).

COMMUNITY MIDWIFE CENTRES IN LUND:

This is free for residents (bring your European health Insurance card, or regular ID if you have a Swedish personal number). Open: Monday-Thursday 8:00am-4:30pm, Friday 8:00am- 12:00pm.

Downtown Lund: Barnmorskemottagning Söder Lund
Helgeandsgatan 16
Tel. 046-17 64 30

Northern Lund: Barnmorskemottagning Norra Fälåden
Fälådstorget 18
Tel. 046-17 50 15

East Lund/Linero: Barnmorskemottagningen Linero
Vikingavågen 31
Tel. 046-17 68 50

PRIVATE MIDWIFE CLINICS IN LUND

Capio: Central Lund, 046 270 00 00

Admira Kvinnohälsa: S:t Lars area, 046 30 30 90

Call and wait to be connected to someone to speak English.

DENTISTS (TANDLÅKARE)

For dental care you can visit the district dental clinic (Folktandvården), find a private dentist or visit the dental school in Malmö. Folktandvården is often located in the same area as the public health care centre (vårdcentralen). For the nearest location, visit this link: <http://www.skane.se/templates/Page.aspx?id=150625>

To find private dentists visit: www.gulasidorna.eniro.se, search for 'privata tandläkare' in 'Lund.'

The Dental School in Malmö (Tandvårdshögskola) can be good if you are in need of dental care but cannot pay the full costs of a regular dentist. Call for an appointment.

Tandvårdshögskolan
Carl Gustafs Vag 34, 214 21 Malmö
Tel. 040-665 84 28

For emergencies you may be able to see a dentist without an appointment, but call first. Monday-Friday 8:30-12:00, call: 040-623 02 42. Other times, call 1177, and ask for an on-call dentist (Jourhavande Tandläkare).

Please note: Regulations for medical care do not apply to dental care. For more information on this refer to the Lund University website. If you have questions regarding whether or not you can receive financial support, contact the Swedish Social Insurance Agency (Försäkringskassan) at: 0771- 524 524

PHARMACY (APOTEK)

Pharmacies in Sweden are now privately owned. This means that it is possible to buy some medicines such as pain relief tablets, antacids and vitamins without a prescription at many grocery stores instead of just pharmacies. However, for advice about symptoms or medications, a wider variety of products or to have prescription filled, you should visit a pharmacy (apoteket). Locations can be found all around Lund.



STUDENT HEALTH (STUDENTHÅLSAN)

This clinic is for all Lund students and has counsellors, nurses, a physician, a psychiatrist and a psychologist. The staff work primarily with *psychological and social problems related to your studies*. Call them when stress or worry result in physical symptoms which affect your scholastic abilities or if physical and psychosocial factors affect your health. *You need to make an appointment to see someone*, but you can ask questions or get advice over the phone during (hours below). All consultations are confidential. Visits cost 60 SEK.

Opening hours: Weekdays 9:00am-12:00am, 1:00pm-3:00pm
Advice telephone hours: Monday-Wednesday and Fridays: 1:00pm-3:00pm.

Studenthälsan
Paradisgatan 5B
Tel. 046-222 43 77

Web: www.lunduniversity.lu.se/student-health

STUDENT CHAPLAIN (STUDENTPRÄST)

Students of all faiths are welcome to the Student Chaplain's office, if you need someone who listens to you - your thoughts, worries or maybe your dreams. They can also help you to contact a local church or religious body, other than the Church of Sweden. If you want to make an appointment for counselling or ask questions, please email jan.kjellstrom@svenskakyrkan.se. All visits are free of charge and confidential.