



In case of illness, your **first point of contact** is usually not a hospital but a **general practitioner** (GP = Allgemeinmediziner in German). A GP as your standard doctor is also called **Hausarzt** in German. If necessary, the **GP/Hausarzt** will refer you to a **specialist** (Facharzt). If you need a **dentist** or a check-up with e.g. a **gynecologist / ophthalmologist / dermatologist**, you can directly make an appointment with these specialists.

 **In case of an emergency, acute crisis or illness at the weekend / on holidays, see our list of emergency, crisis & medical services!**

HOW TO FIND A DOCTOR

In Germany you are free to choose your medical practitioner. It might be convenient to look for a doctor whom you can easily reach. Regular consultation hours are on workdays.

- 1 Choose a doctor from our medical contact **list of English-speaking doctors**.
- 2 Ask your buddy / friends for a recommendation of a doctor.
- 3 Use the search function on the website **Arztsuche** (search for a doctor): <https://arztsuche.116117.de>
 - Enter *Tübingen* as "Ort" without any of the postal codes
 - Click on "Wen/Was" to select between a GP or specialized practitioner
 - You **do not know German**? Click on "Filter" > "Fremdsprachen" and select *English*: Only **English-speaking doctors will be shown** as a result.
 - Click an entry in the results list - you will see the office hours & contact details.

HOW TO VISIT A DOCTOR

You need to **make an appointment** before you see the doctor, normally per telephone.

If you have an **acute medical condition**, please mention clearly that it is *acute*: Most likely you get an appointment the same or next day.

- 1 When you see a doctor, take your **health insurance card / proof** and an **ID card** with you.

Students with public health insurance (EHIC etc.): Your insurance card will be used to charge your health insurance company directly.

Students with private health insurance (Mawista etc.): You will receive a receipt of the doctor which you need to pay. Submit it to your health insurance company for reimbursement.

- 2 **Talking to your doctor:** Tell them about your condition.
 - If medication is necessary, you will receive a **prescription** for the pharmacy.
 - If necessary, you will be referred to a **suitable specialist**.

HOW TO GET MEDICATION

-  **Submit the prescription** for your medication to a pharmacy of your choice.
 - **Pay copayments (5 - 10 EUR)** for the medication, if required (**public health insurance** = EHIC...)
 - **Private prescriptions** (Privatrezept = **private health insurance**) must be paid completely by yourself. Submit the private prescription form to your health insurance company for reimbursement.
 -  Some medications are only available if you have a prescription by a doctor. Other medication can be bought directly in the pharmacy without prescription: These are lighter drugs for problems such as temporary headaches / cough / stomach issues etc.
- In case of doubt, please see a doctor!**

Emergency / Crisis / Medical Services

in Germany and Tübingen

For all central emergency numbers (Police, Emergency Medical Care, Poison Control) be prepared to give the following information: *Who* you are, *where* you are, *what* has happened, *how many* people are involved. *Wait* for further questions.

➡ Follow the instructions given on the phone and wait for the arrival of the police / ambulance, if applicable.

Emergency Numbers

POLICE POLIZEI	110	If you are in a dangerous or life-threatening emergency situation (e.g. mugging, assault, abuse, traffic-accident).
EMERGENCY MEDICAL CARE / FIRE DEPARTMENT RETTUNGSLEITSTELLE / FEUERWEHR	112	If you or someone with you is in a life-threatening medical situation and needs immediate medical care.

Urgent Medical Issues & Information

General hotline for urgent medical care outside regular doctor's hours (no emergency)	116117	24/7 hotline. Call this number if you are ill and need medical assistance, but your doctor is closed / you do not have one.
Out-of-hours Pharmacy Service	0800 / 0022833 (from a landline) or 22833	Call these numbers to get information about a pharmacy close to you OR Visit www.aponet.de and enter your city or postal code in the upper right corner under <i>Notdienst</i> (Emergency Service).
Poison Control Giftnotufzentrale	0761 / 19240	Only if the condition is not life-threatening and the poisonous substance is known! If you do <u>not</u> know which substance has been consumed and/or the medical condition is severe, please call 112!

Mental Health Support (Personal Crisis & Challenging Life Situations)

Psychological Emergencies - Contact at the Psychiatric Clinic Tübingen <u>Psychiatric University Outpatient Clinic</u> of the Psychiatric Clinic Tübingen	07071 / 29-82684 07071 / 29-82311 (or 112) Calwerstr. 14, 72076 Tübingen 07071/29-84590	If you are experiencing a severe psychological / mental health crisis and need immediate psychological / psychiatric support . Regular outpatient clinic (no immediate emergency) Monday to Friday 9.00 a.m. - 12 noon. Contact by phone or psychiatrische-hochschulambulanz@med.uni-tuebingen.de .
<u>Team Equity</u> <u>University of Tübingen</u>	07071 / 29-74958 07071 / 29-77766	Advice on questions about diversity, equality, and care in studies/science, Make appointment via e-mail (equity@uni-tuebingen.de).
<u>Student Health Management BeTa Balance</u> <u>University of Tübingen</u>	07071 29-76066 Albertstr. 27, 720074 Tübingen	Physical activities, stress management, mental health support, e.g. <i>active against stress</i> office hours, <i>Walk & Talk</i> program. Registration via website and for questions, please contact: betabalance@ifs.uni-tuebingen.de
<u>Anti-discrimination Counseling Office</u> <u>University of Tübingen</u>	07071 / 29-76810	Counseling on discrimination, sexual harassment, and abuse of power . Make appointment by phone or via cornelia.riethmueller@uni-tuebingen.de
<u>Psychological Counselling for Students</u> by the Studierendenwerk Tübingen- Hohenheim	07071 / 2973750 Österbergstraße 1, 72072 Tübingen	Free & confidential counselling for students. Appointments can be made in person, by phone or online. Online appointments: https://www.terminland.de/pbs-tuebingen/ Open consultation without appointment: Tuesdays 12.30 – 03.00 p.m.
<u>Psychological Counselling</u> <u>Brückenstraße</u>	07071 / 92 99 0 Brückenstraße 6, 72074 Tübingen	Confidential counselling in person. No or very low costs. Appointments by phone Mo - Fr: 8.30 - 11.30 a.m. (besides Wed) & Wed 2-4 p.m. Counselling in English: Write an e-mail to info@pbs-brueckenstrasse.de
<u>Counselling for International Students</u> by the Protestant Student Community	Österbergstr. 2, 72074 Tübingen	Both non-religious or spiritual support, Schlatterhaus (Protestant Student Community = ESG), 1 st floor. Office hours: Wednesday, 10 a.m. – 12 noon (no appointment necessary, you can call ahead if you want to: 07071 / 23 09 7)
<u>Nightline Tübingen</u>	07071 / 8895440 or by Chat	Anonymous & confidential support by students for students. Mon - Thu + Sat: 09:00 p.m. - midnight
<u>Crisis Chat - Krisenchat.de</u>	Chat (Whatsapp or SMS)	Counselling per chat for young adults up to the age of 25; <i>mainly in German</i> , other languages depending on capacities. Confidential & 24/7.
<u>Arbeitskreis Leben</u> Tübingen	07071 / 19298 Österbergstr. 4, 72074 Tübingen	Counselling focused on suicide and support for next of kin. Counseling in English: please inform the <i>Arbeitskreis</i> ahead. Open consultation without appointment: Tue, Thu, Fri 10 a.m.– 1.00 p.m, Wed 3-5 p.m. Contact in person, by phone or akl-tuebingen@ak-leben.de
<u>Telefonseelsorge</u>	0800 / 1110111, 0800 / 1110222, or 116 123	Nationwide support for challenging life situations, suicide, and loneliness . <i>Mainly in German</i> . Available 24/7 via phone, e-mail, chat.
<u>Adis e.V. Tübingen</u>	07071 / 14 31 04 10 Bismarckstr. 136 72072 Tübingen	Counselling focused on discrimination . Peer-to-peer advice (e.g. by PoC) Contact and appointment: beratung@adis-ev.de or by phone. Online Counselling: https://www.adis-online.com (anonymous, if requested)

English Speaking Medical Contacts in Tübingen

Important: If your illness / accident is not severe, please check first if your GP or the Family Doctor Emergency Practice are open before you go to the Emergency Room (ER)! If you're unsure whether a GP or an ER are the right contact, please call your GP or *116117* first.

For Emergencies

Emergency Hospital & General ER (BG Unfallklinik)	Schnarrenbergstr. 95 72076 Tübingen (Bus stop: Uni-Kliniken Berg)	07071 / 606-1148 ER for accidents and other emergencies. Please call ahead if possible!
Central Emergency Room / Medical Clinic (UKT University Hospital)	Hoppe-Seyler-Straße 3 72076 Tübingen (Bus stop: Uni-Kliniken Berg)	07071 / 29-82090 Central ER with integrated Chest Pain Unit for general and internal / cardiac emergencies.
List of all Specialist Emergency Rooms at the University Hospital: https://www.medizin.uni-tuebingen.de/en-de/kontakt/notfall#notdienst		
Family Doctor Emergency Practice in the Medical Clinic	Otfried-Müller-Straße 10 72076 Tübingen (Bus stop: Uni-Kliniken Berg)	If you feel ill / had a small accident, but your GP is closed, and you need medical assistance. Consultation hours: Mon - Thu: 7 p.m. - 10 p.m. / Fri: 4 p.m. - 10 p.m. / Sat, Sun, public holiday: 8 a.m. - 10 p.m.

General Practitioners / Family Doctors

Dr. med. Bettina Wienhues	Wilhelmstr. 109, 72074 Tübingen (Bus stop: Landhausstraße)	07071 / 22290
GP Ruth Fahrenbach	Europaplatz 5, 72072 Tübingen (Bus stop: Neckarbrücke / HBF)	07071 / 368660 Emergency consultation without appointment: Mon - Fri, 11 a.m. – noon
Dr. med. Matthias Frank	Berliner Ring 39, 72076 Tübingen (Bus stop: Weißdornweg)	07071 / 67888
Dr. med. Irmgard Schneider	Kelternstraße 4, 72070 Tübingen (Bus stop: Stadtgraben)	07071 / 56783

Dentists

Dr. Anke Bleicher	Karlstraße 6, 72072 Tübingen (Bus stop: Neckarbrücke / HBF)	07071 / 21333
Dr. Jürgen Themann	Nauklerstr. 50, 72074 Tübingen (Bus stop: Lothar-Meyer-Bau)	07071 / 21580

Dermatologist / Allergy Specialists

Dr. Bernd Datz & Colleagues	Wöhrdstr. 8, 72072 Tübingen (Bus stop: Neckarbrücke)	07071 / 91050
Dr. med. Sonja Dörr & Dr. med. Ines Kurzenberger	Mohlstraße 26, 72074 Tübingen (Bus stop: Mohlstraße)	07071 / 24575

Gynecologists

Dr. med. Christine Barth-Trost	Friedrichstr. 3, 72072 Tübingen (Bus stop: Neckarbrücke)	07071 / 31889
Dr. med. Brigitte Smyczek-Gargya	Beim Herbstenhof 11, 72076 Tübingen (Bus stop: Wanne Kunsthalle)	07071 / 66818

HNO / Ear, Nose and Throat Doctors

Dr. med. Beate Bok & Dr. med. Daniel Glaenz	Mühlstr. 20, 72074 Tübingen (Bus stop: Nonnenhaus / Neckarbrücke)	07071 / 21298
Dr. med. Jens Berl & Dr. med. Christian Paschen	Europaplatz 3, 72072 Tübingen (Bus stop: Neckarbrücke / HBF)	07071 / 9798001