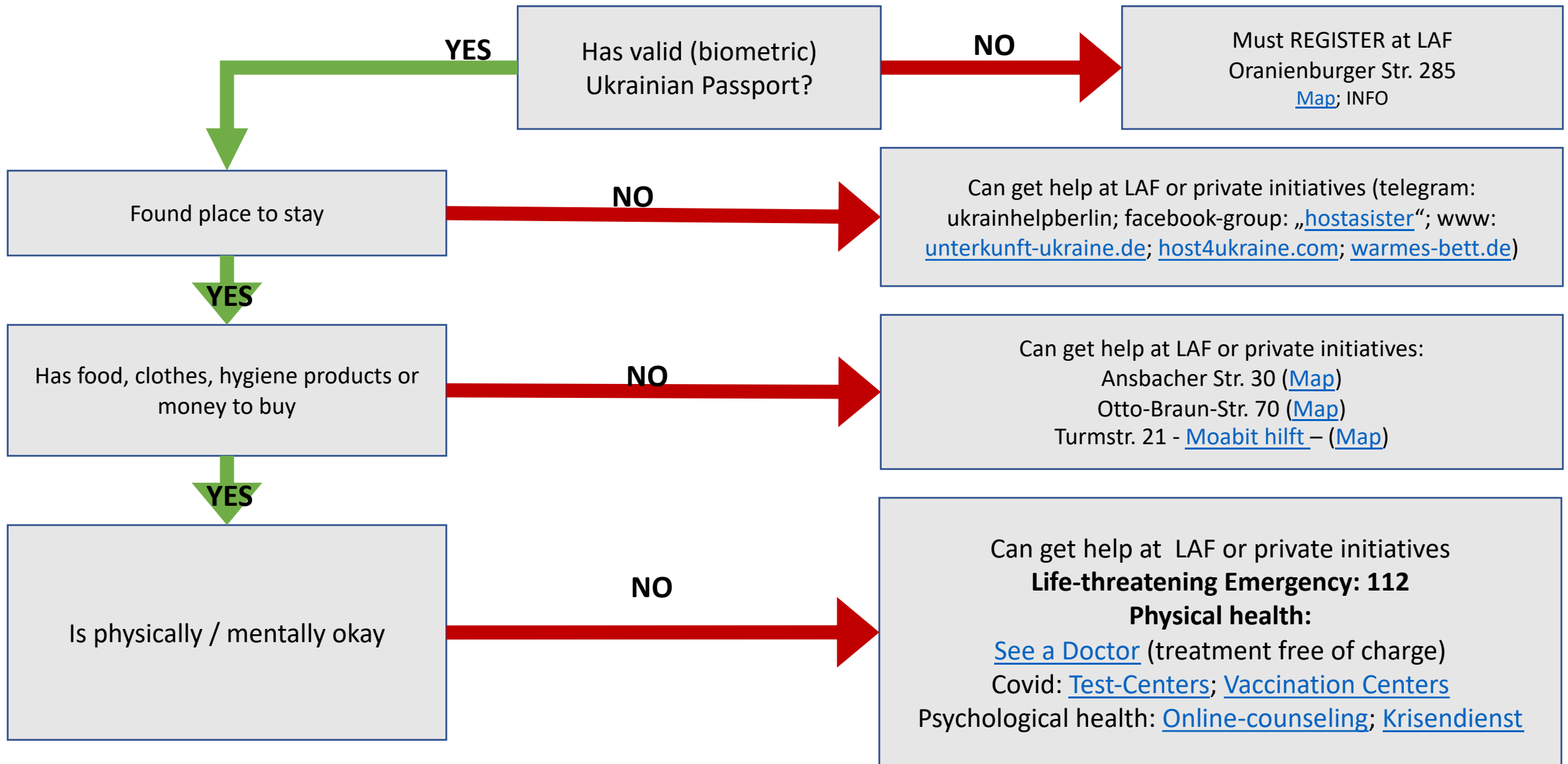


Home, Food, Clothes



Health

Life-threatening **EMERGENCY**:
Call 112

Emergency (NOT Life-threatening):
Call 116117

Needs **HOSPITAL**

Acute severe problem: Any hospital
Gynecological Issues, Pregnancy: [Berlin - Frauenhain](#)

Needs **DOCTOR**

[List of doctors who help refugees](#) - FREE OF CHARGE -

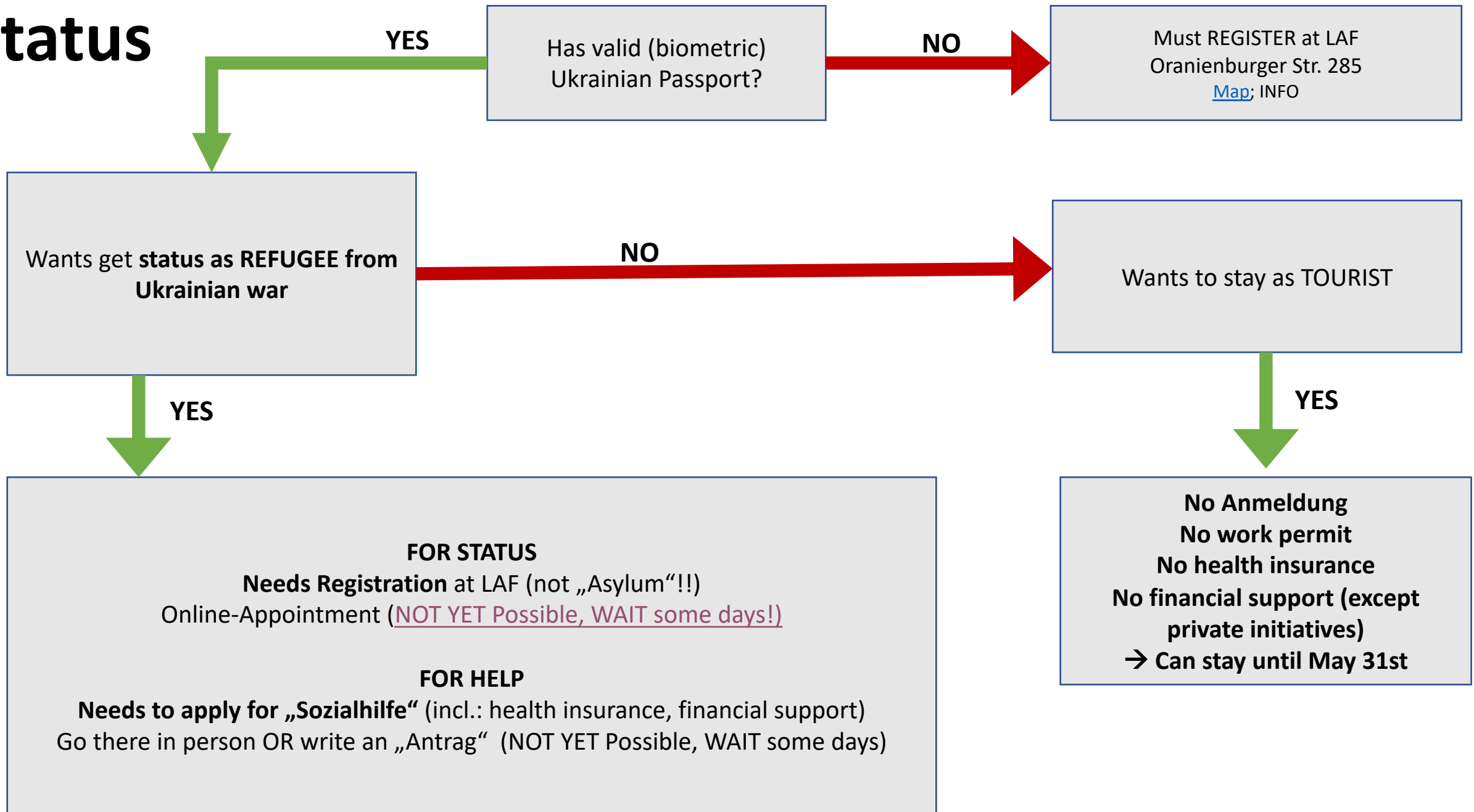
Needs **MEDICINE**

[Pharmacists without borders](#) (hotline can help to access specific medications)

Needs **PSYCHOLOGIST or
Psychosocial Support**

[Online-counseling](#) (diff. Languages – FREE OF CHARGE -)
Face-to-Face Counseling (list of therapists, diff. Cities in EU, diff. Languages)
[Crisis Chat](#) (for Children; ukrainian & russian language; Whatsapp or SMS)
Berlin: [List of doctors & psychologist](#) – FREE OF CHARGE –
[Telefon Doweria](#) (Russian) – Psychosocial help-line – FREE OF CHARGE
[LINK LIST](#) with more information & initiatives

Status



Status: Important Information

The EU decided to help Ukrainian citizens by giving shelter, financial support, possibility to work – BUT – rules are not yet in place. At the moment **you should wait. Do not apply for Asylum** - disadvantages might be involved.

Official Info

- [LAF-Website](#) (German, Ukrainian, Russian)
- [Berlin Website](#) (German, Ukrainian, Russian, Englisch)

More Helpful Information

- Flüchtlingsrat Berlin [Website](#) (German)

IMPORTANT : ::: *Dynamic Information-situation - Keep yourself updated – best by official sources and professional support-groups*

Unfortunately the rules seem to apply only to people with Ukrainian citizenship OR Permanent residency in Ukrain. Please always double-check, if rule applies in individual case AND if rule has changed. In a dynamic situation like this: take extra care to get up-to-date Information from official or professional organization. If you do not have Ukrainian citizenship OR Permanent residency in Ukrain: get in contact with BIPOC Organizations <https://www.nowar.help/en/bipoc>