

Supplement for the
pregnancy record booklet

I AM PREGNANT! HELP AND ASSISTANCE FOR MOTHER AND CHILD



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www.bundesstiftung-mutter-und-kind.de

YOU ARE PREGNANT AND LOOKING FOR COUNSELLING AND SUPPORT?

The pregnancy counselling centres offer information, help and advice on all matters relating to pregnancy, childbirth and family planning, confidentially and free of charge. The counsellors are there for you to help you with all kinds of issues, such as e.g. finding the right midwife or dealing with the relevant authorities. In case of an emergency, the support hotline ‚Pregnant Women in Distress‘ is also available to pregnant women and all those supporting them on a 24 hours basis and free of charge. It offers a fully confidential and – upon request – anonymous first counselling in 15 languages, at 0800/40 40 020.

In case of an emergency, you may also turn to a pregnancy counselling centre to apply for financial aid from the Federal Foundation Mother and Child. These kinds of financial support are also granted in addition to other social security benefits. There is no legal entitlement to financial support from the Federal Foundation. The application has to be filed during pregnancy.

You will find a **pregnancy counselling centre in your neighbourhood** as well as more information, also in other languages, at:

[www.bundesstiftung-mutter-und-kind.de.
beratungsangebote.html](http://www.bundesstiftung-mutter-und-kind.de/beratungsangebote.html)



Federal Ministry for
Family Affairs, Senior Citizens,
Women and Youth

