



Important contacts for parents with babies and young children

Englisch

3. Auflage, 06.2020

In case of emergency

Ambulance **144**

Police **117**

Poisoning **145**



Medical emergencies

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| Münsterlingen Children's Hospital Available 24 hours a day | 0900 686 241 landline/mobile calls (CHF 3.23 per min.) 0900 686 242 prepaid mobile calls | Direct support if the GP or paediatrician is not available |
| Child emergency Münsterlingen | 071 686 11 11 | If the GP is not available |
| Frauenfeld emergency practice | 052 723 77 77 | If the GP is not available |
| Emergency services of the Spital Thurgau AG hospital Available 24 hours a day | 144 | In case of an acute medical emergency |
| Tox Info Suisse Available 24 hours a day | 145 0041 44 251 51 51 outside Switzerland | In cases of suspected poisoning |

Psychiatric emergencies

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| Psychiatric Services Thurgau Assessment and Reception Centre for adults | 0848 41 41 41 | Assessment, reception, counselling, information and crisis intervention |
| Clenia Littenheid AG psychiatric hospital | 071 929 60 60 071 929 60 06 | Main number (available 24 hours a day) Emergency number (incl. at night) |
| Psychiatric Services Thurgau | 071 686 41 41 | Crisis intervention, diagnosis, psychotherapy |
| Zentrum für Kind, Jugend und Familie (ZKJF) | 052 723 35 00 info.zkjf@clenia.ch | Psychiatric/psychological assessments, counselling and treatment in case of crises and problems |

In crisis situations

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| Die Dargebotene Hand Available 24 hours a day | 143 | Telephone assistance, crisis telephone, telephone counselling, emergency telephone, telephone helpline in case of fears, concerns, crises or depression |
| Elternnotruf Available 24 hours a day | 0848 35 45 55 24h@elternnotruf.ch | Counselling for parents, families and carers on parenting issues, coping with parenthood, child endangerment and information on appropriate centres near you |
| Women's shelter Available 24 hours a day | 052 213 08 78 | Protection and counselling for women and children suffering from domestic violence |

Child protection and victim advisory centres

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| Counselling Centre for Women Affected by Violence in Thurgau | 052 720 39 90 kontakt@frauenberatung-tg.ch | In case of physical, psychological or structural violence against women and their children |
| BENEFO Victim Support Centre Thurgau | 052 723 48 26 Adults 052 723 48 23 Children and adolescents benefo@benefo.ch | In case of physical, sexual or psychological injuries (as per the Victim Assistance Act), questions on child mistreatment |
| Office for the Protection of Children and Adults Arbon Frauenfeld Kreuzlingen Münchwilen Weinfelden | 058 345 72 80, info.kea@tg.ch 058 345 73 00, info.kef@tg.ch 058 345 73 10, info.kek@tg.ch 058 345 73 30, info.kem@tg.ch 058 345 73 40, info.kew@tg.ch | In case of the suspected endangerment of a child's welfare |
| KONFLIKT.GEWALT. | 078 778 77 80 kontakt@konflikt-gewalt.ch | Consultation on and treatment of violence, conflicts and injuries |
| Police emergency number Available 24 hours a day | 117 | In case of acute emergencies |

Other counselling facilities

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| Counselling Centre for Family Planning, Pregnancy and Sexuality, BENEFO Foundation | 052 723 48 22 familienplanung@benefo.ch | Counselling on issues related to family planning, pregnancy and sexuality during pregnancy and after birth |
| conex familia Amriswil and Bischofszell region • Parent counselling • Couples, family and youth counselling | 071 411 00 01 mvb@conexfamilia.ch 071 411 88 82 pfj@conexfamilia.ch | • Counselling and specialist advice on developmental and educational issues for families with newborns and infants • Counselling for parents with young children and adolescents as well as family and couples counselling |
| Child and Adolescent Psychiatric Service Outpatient Clinic for Young Children | 071 686 42 65 071 686 42 18 | Child psychiatric/paediatric evaluation, treatment offers |
| Perspektive Thurgau • Parent counselling • Couples, family and youth counselling • Addiction counselling | 071 626 02 02 info@perspektive-tg.ch | • Parent counselling, counselling for parents with babies and young children • Family and couples counselling • Counselling on addiction, dependence and at-risk consumption |
| Swiss Red Cross Relief Service | 071 626 50 83 entlastungsdienst@srk-thurgau.ch | Temporary child care and relief at home in crisis situations |
| Spitex | 071 622 81 31 info@spitextg.ch | Care and support at home |

My personal emergency numbers

GP

Paediatrician
