

New in Bern: Health
Thursday, 30th March 2023
Programme

When	What
18.00 – 18.10	Welcome and information about the evening
18.10 – 19.15	<p>Part 1: Introducing the offers</p> <p>With representatives from:</p> <ul style="list-style-type: none"> - Swiss Red Cross - Bern Health - Canton of Bern Department of Social Insurance - City of Bern Public Health Services - University Psychiatry Services Bern - City of Bern Competence Centre for Aging - Canton of Bern Parents' Advice Centre
Break (30 Min.)	
19.45 – 20.30	Part 2: Infomarkt
End of the Information Session	

Offers

Swiss Red Cross

«migesplus» – the online portal with easy-to-understand health information in up to 50 languages. Brochures, leaflets, explanatory videos, etc. on various health topics – mostly free of charge and / or to download.

- **Katharina Liewald**, migesplus project manager (Languages: Deutsch, English)
- **Matthias Karakus**, SRK addiction services (Languages: Deutsch, Русский)

Bern Health

We help people who want to actively address their addictions, no matter their background and age. Our services include individual counselling, family and couple counselling, as well as group programmes. We also advice you via telephone, email or chat. Our professionals provide this advice discretely and confidentially. Most services are free of charge.

- **Franziska Löw**, Specialist in counselling and therapy (Languages: Deutsch, Français, English)

Canton of Bern Department of Social Insurance

Assistance in filling out applications for premium reductions; answering general questions about premium reduction; questions on compulsory health insurance

- **Sandra Beer**, Teamleiterin Antragsbearbeitung (Languages: Deutsch, Français, English)
- **Jolanda Moser**, Abteilungsleiterin Prämienverbilligung und Obligatorium PVO (Languages: Deutsch, Français, English)

City of Bern Public Health Services – School medical services

The school medical service exists for children throughout their school years. It carries out the school medical examinations, advises parents and the school, and initiates interventions and further measures if necessary. The examination for newly arrived school children is compulsory, free of charge and confidential. If necessary, a translation can be organised.

- **Dr. Christa Leutert**, Co-Director (Languages: Deutsch, Français, English, Español)

Angebote

City of Bern Public Health Services – Early intervention Primano

The primano home visit programme is for families with children between 1 and 3.5 years old. The children are supported in all areas of development in a playful way so that they can get off to a good start in kindergarten.

- **Petra Burger**, schrittweise Site manager Mitte / Sud (Languages: Deutsch, Français, Español, English)
- **Lina Kyryliuk**, Home visitor (Languages: Deutsch, Русский, Українська)

University Psychiatry Services UPD Bern

Uni Bern Policlinic for Children and Adolescent Psychiatry (UPD) offers initial assessment talks, crisis intervention and, in the future, psychotherapy as part of the transcultural consultation hours for refugee minors. This also includes services for children and adolescents who have fled from Ukraine.

- **Samuel Helbling**, Oberpsychologe
- **PD Dr Andrea Wyssen**, Chefspsychologin
- **Dr Christian Hertel**, leitende Psychologe (All speak Deutsch und English)

Cross-cultural psychiatry for adults: In the cross-cultural consultation hour of UPD, patients with a migration background / refugees are assessed, advised and, if possible, triaged regarding the presence of a psychiatric illness. The aim is to be able to make a preliminary diagnosis or to rule it out to initiate treatment if necessary or to suggest further procedures. If necessary, translations can be arranged.

- **Elean Briggen**, Oberpsychologin (Languages: Deutsch, English)
- **Rahel Bernet**, Social worker (Languages: Deutsch, English)

City of Bern Competence Centre for Aging

The Competence Centre for Aging provides information for the elderly and their families. We provide contacts of advice and counselling centres as well as other support services. We also have tips on where you can meet other people.

- **Katrin Haltmeier**, Project manager (Languages: Deutsch, Русский, Français, English, Italiano)

Angebote

Canton of Bern Parents' Advice Centre

The Parents' Advice Centre is a free counselling service for families with children aged 0 – 5 years old. We support and advise questions related to development and raising children. We are contracted to the Canton of Bern and offer our services in centres throughout the entire canton, as well as by phone and online. www.mvb-be.ch

- **Sarah Tandang**, Bern regional manager (Languages: Deutsch, Français, English, Español)

isa Bern

The isa counselling service offers free counselling and information in various languages for migrants, professionals and Swiss citizens on issues related to migration and integration. We provide our services free of charge as an integration contact point on behalf of the Canton of Bern.

- **Adriana Pisani**, Advisor (Languages: Deutsch, Español, Englisch, Français, Italiano)
- **Ayten Oguz-Yilmaz**, Advisor (Languages: Deutsch, Türkçe, English)

Fachstelle für Migrations- und Rassismusfragen FMR

- **Nora Berner**, Advisor Berner Modell (Languages: Deutsch, Español, Englisch, Français)

Verein Ukraine Hilfe Bern

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