

# Here for us!

## Important links for parents with babies and small children

keeping together

sh.ch



### Medical emergencies

Emergency Centre Schaffhausen Hospital	144	urgent, life-threatening medical emergency	24 h
Emergency practice Schaffhausen Hospital	052 634 34 00	in the absence of the family doctor/GP	24 h
Outpatient Department Women's Clinic Department for Parturition	052 634 23 44 052 634 23 25	gynaecological and obstetric emergency	Mon-Sur 08.00-16.30 Mon-Sur 16.30-08.00
Medgate Kids Line / Counselling telephone for emergencies concerning children and adolescents	058 387 78 72		(3.23/min) 24h
Tox Info Suisse	145	Information in case of poisoning or suspected poisoning	24 h

### Psychiatric emergencies

Breitenau Psychiatric Centre	052 634 34 34	Clarification and Crisis Intervention Centre for Adults (KiSH)	24h
Department of Child and Adolescent Psychiatry	052 630 01 60	outpatient child and adolescent psychiatric assessment, counselling and therapy centre	Mon-Fri 08.00-12.00 14.00-17.00

### Crisis situations, child protection and victim counselling centres

Police emergency number	117	emergencies	24h
Parental emergency call	0848 35 45 55	anonymous counselling and help with parenting issues, conflicts or crises in the family	24h
Child and adult protection authorities (KESB)	052 632 55 85	reasonable suspicion of endangering the welfare of the child	Mon-Fri 08.00-11.45 14.00-17.00
Specialist unit for people affected by violence www.fsgb-sh.ch	052 625 25 00	Counselling in cases of physical, psychological or sexual violence against parents and/or their children	Mon-Fri 08.00-12.00 13.30-17.00

Winterthur Women's Shelter	052 213 08 78	Protection for women and children affected by violence in case of imminent threat	24h
Heart2Heart	143	anonymous telephone counselling in case of worries	24h

### Advice centres

Children and Youth Service www.kjd.sh.ch	052 632 71 60	Counselling, support and company for children, young people and their families	Mon-Fri	08.00-11.30 14.00-17.00
Counselling Centre for Partnership and Pregnancy www.partnerschaft-schwangerschaft-sh.ch	052 632 75 74	Couple, pregnancy and life counselling	Mon-Fri	08.30-11.30
Midwifery practice Schaffhausen www.hebammenpraxis-schaffhausen.ch	076 419 19 39	Counselling and care during pregnancy, birth and childbed	Tue & Thu Mon & Fri	08.30-09.30 13.00-14.00
Early remedial education HFE www.hlf-fruehbereich.ch	052 625 40 26	Counselling, diagnostics and support for developmental delays	Mon-Fri	08.00-17.00
Integres Centre for Integration SH www.integres.ch	052 624 88 67	Counselling and support for migrants in everyday issues, intercultural conflicts and discrimination, e.g. parental education programmes	Mon + Wed Thu + Fri	09.00-11.00 14.00-17.00 14.00-17.00
Early counselling for speech therapy (LFS) www.hlf-fruehbereich.ch	052 624 30 61	Counselling, diagnostics and therapy for abnormalities in language development	Mon-Fri	08.00-17.00
Counselling for mothers and fathers www.spitex-sh.ch	052 632 51 20 052 632 51 21	Counselling and support for parents and Caregivers with children from 0 to 5 years	Telephone counselling Mon-Fri	08.00-16.00
Teddybär www.teddybaer-sh.ch	052 625 77 22	Counselling Centre for Parents and Children from 0 to 7 years	Combox	

### Further options for Parents

Family Centre Schaffhausen www.familienzentrum-schaffhausen.ch	052 632 58 08	open meeting place for families with pre-school children, courses for parents, parent-child groups, consultations	Mon-Fri Sat	09.00-17.00 10.00-15.00
Swiss Red Cross Canton SH www.srk-schaffhausen.ch	052 630 20 30	Childcare at home, courses for parents	Mon-Thu	08.30-11.30 14.00-16.00
Swiss Workers' Relief Association Schaffhausen (SAH) www.sah-sh.ch	052 630 06 40	Coaching for parents, socio-educational family support, intercultural support	Mon-Fri	08.00-11.30 13.30-16.30
ZWEIDIHEI www.zweidihei.ch	052 624 72 05	Arrangement of day care families for individual and flexible child care	Mon-Thu	09.00-11.00

### Online information platforms

Overview of midwives and postpartum care	www.hebamme.ch www.hebammensuche.ch www.wochenbettbetreuung.ch
Offer overview paediatricians and gynaecologists	www.doktor.ch www.medizin.ch
Options for Children, Adolescents and Families Schaffhausen	www.wegweiser.sh

Kindly forward additions/changes by mail to [kjf@sh.ch](mailto:kjf@sh.ch)

### Personal emergency numbers