

INFOFILE



EMERGENCY NUMBERS

(TIP: STICK THIS PAGE ON YOUR FRIDGE FOR EASY REFERENCE)

GENERAL EMERGENCY TELEPHONE NUMBERS

International emergency phone number for ambulance, fire brigade and/or police: **112**

Medical emergency and fire brigade: 100

Police: 101

Burns center: (www.hopitalmilitaire.be): 02 268 62 00

Card stop (to block your credit/bank cards www.cardstop.be): 070 344 344

Child focus (Foundation for Missing and Sexually Exploited Children):
(www.childfocus.be) 116 000

Physician on duty (www.gbbw.be): 02 201 22 22 or only in the weekend
02 242 43 44

Pharmacist on duty at night between 10pm and 9am and on a Sunday
(www.apotheek.be): 0903 99 000

Poison centre (www.poisoncentre.be): 070 245 245

Red Cross (www.rodekruis.be): 105 (for a non-urgent ambulance)

Security Campus VUB Etterbeek: 02 629 21 76 or 21 78 (internal emergency number
Tel: 88)

Security Campus VUB Jette: 02 477 41 40

NEED TO TALK?

Alcoholics Anonymous (www.aavlaanderen.org): 03 239 14 15 (NL) or (www.alcooliquesanonymes.be) 078 15 25 56 (FR)

Anti-suicide line (www.zelfmoord1813.be) 1813 (NL) or (www.preventionsuicide.be) 0800 32 123 (FR)

Cancer phone (www.kanker.be): 0800 15 802 (NL) or 0800 15 801 (FR)

Diabetes (www.diabetes.be): 0800 96 333 (NL) or (www.diabete-abd.be) 02 374 31 95 (FR)

Drug line (www.druglijn.be): 078 15 10 20 (NL) or 02 227 52 52 (FR)

Sexually Transmitted Diseases and Aids phone (www.sensoa.be): 03/238 68 68 (NL) or (www.sida-info-service.org) 0800 840 800 (FR)

Tele-onthaal (telephone assistance for general problems (www.tele-onthaal.be): 106 (NL) or (www.tele-accueil-bruxelles.be/) 107 (FR)

Community Help Service:

Community Help Service (CHS) is a non-profit organisation established in 1971 as a resource for the English-speaking population of Belgium. Since then it has developed its telephone Helpline, its Mental Health Centre and its Educational Testing Services to encompass the many different expatriate communities in Belgium who find it easier to use English rather than one of the official languages of Belgium.

How CHS Helps

CHS clients come from all parts of the world. They call the Helpline (Tel: 02 648 40 14) if they are facing a crisis in their lives, or if they have a straightforward request for information. They come in for therapy, or they seek testing for children with learning difficulties or emotional problems. The Helpline is staffed by a team of trained and dedicated volunteers. The Mental Health Centre is staffed by a team of health care professionals – psychologists, psychotherapists, psychiatrists. By contacting CHS, clients take the first steps toward understanding and adjusting to the demands of life as an expatriate. It can take just one phone call to help someone through a crisis, or set up a course of therapeutic treatment

(Information copied from www.chs-belgium.org)