
Some useful addresses in Brussels
(not a complete list)

Centres for Mental Health Care (by appointment)

- **Rivage in 't Zaet** (1000 Bruxelles/Brussel)
02/ 550.06.70
www.rivagedenzaet.com
- **Le Méridien** (1210 St-Joost/St-Josse)
02/ 218.56.08
- **D'Ici et d'ailleurs** (1080 Molenbeek)
02/ 414.98.98
dieda.voila.net
- **Ulysse** (1050 Elsene/Ixelles)
02/ 533.06.70
- **Exil** (1050 Elsene/Ixelles)
02/ 534.53.30
www.exil.be
- **CGGZ Brussel**
02/ 771.92.03 or 02/ 247.61.50
www.cggz-brussel.be

Welfare organizations

- **CAW Archipel-Welkom**
(rue) Mommaert(straat) 22 - 1080 Molenbeek
02/ 414.24. 23
www.archipel.be
- **CAW Mozaïek**
(rue) Gretry(straat) 1- 1000 Brussel/Bruxelles
02/ 227.02.00
www.cawmozaiek.be
- **Caritas Internationale Belgique/België**
Liefdadigheidstraat/rue de la charité 43
1210 St Joost Ten Node/St-Josse
02/ 229.36.11
www.caritas-int.be
- **Protestants Sociaal Centrum/Centre Social Portestant**
(rue) Cans(straat) 12 - 1050 Elsene/Ixelles
02/ 512.80.80
www.csp-psc.be

The folders listed below are available in Dutch, French, English, Spanish, Russian, Portuguese, Mandarin and other languages, and can be downloaded from our website.

- Medimmigrant folder
- Urgent Medical Care for People without Legal Residency
- Pregnancy, Childbirth & Postnatal Care for Women Residing Illegally
- Health Insurance for People without Legal Residence or with a Precarious Residence
- (Short) Residence for medical reasons
- Mental Health Care for people without legal residency
- Visa for medical reasons
- What to do in case of a workplace accident? If you were employed unofficially
- Medical Support when Returning

Mental Health Care

For people without legal residency



Medimmigrant

Info by email and by phone

Telephonic permanence:

Monday: 10 a.m. – 1 p.m.

Tuesday: 2 p.m. – 6 p.m.

Friday: 10 a.m. – 1 p.m.

Tel. 02/274 14 33/34 • Fax 02/274 14 48

E-mail: info@medimmigrant.be

www.medimmigrant.be

Postal address:

(! no consultations on the spot)

(rue) Gaucheret(straat) 164 • 1030 Brussel/Bruxelles

Fortis: 001-2389649-33



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(rue)Gaucheret(straat) 164, 1030 Brussel/Bruxelles

In the course of their lives, many people go through difficult periods. Such times can lead to problems that a person cannot deal with without help. Such problems can be physical health problems, such as stomach ache, headache, or muscle pains, but they can also be psychological. Mental complaints are extremely varied: sleep disorders, worries, trouble concentrating, being irritable, seeking comfort in alcohol or drugs ...

Who can help?

Various types of assistance are available to help you look for solutions.

Sometimes the person providing assistance will see that the assistance being provided is not enough on its own; they will then give a referral to a different assistance provider with more relevant expertise. This can give you the feeling that you have to keep telling your story over and over again, with no answers being provided to your questions. An advantage of this approach is that it builds up a network of assistance providers who together will be able to support you.

The general practitioner

A GP, or family doctor, can check that there is no physical cause for your psychological complaints. The CPAS/OCMW in your place of residence can be asked to pay for such care under the provisions for Urgent Medical Care for People without Legal Residency. You will find more information in our folder on 'Urgent Medical Care for People without Legal Residency'.

The social worker

The social worker will listen to your problems, help you with administrative and other practical questions, and will help you think about changes in your daily life that might make things more bearable. During these talks the assistant can give you information and support you in reaching your goals.

The assistant sometimes works for a welfare team.



The psychologist

A psychologist's training enables him or her to go more deeply into how someone feels, thinks and acts, and to provide help with serious mental problems.

Psychologists can work independently or provide consultations at a Centre for Mental Health Care (CGGZ) or other medical health centre.

Within such a centre there is a multidisciplinary team that includes social workers and psychiatrists. A consultation with a psychologist has no classification number and will therefore not be refunded under the procedure for Urgent medical care for people without legal residency. But a mental health centre (and some independent psychologists) will charge according to the client's ability to pay: those without an income will only pay a small contribution, and perhaps nothing at all.

The psychiatrist

A psychiatrist will have studied medicine and then specialized in psychiatry. A psychiatrist can have their own practice or work at a mental health centre, a general hospital or a psychiatric hospital. As a doctor, a psychiatrist can provide a certificate for Urgent Medical Care, which means that in certain circumstances the CPAS/OCMW can be approached to pay for consultation with a psychiatrist and for any medicines he or she might prescribe. There is more information about this in the folder Urgent Medical Care for People without Legal Residency.

Hospitalization?

Since 2006 the government will refund the CPAS/OCMW for the expenses of hospitalization in a psychiatric centre or a care centre in the framework of the procedure Urgent Medical Care for People without Legal Residency. This does not include Sheltered Housing.

When the person with a serious psychological complaint is 'a danger to themselves or others' and not undergoing (further) treatment, they can be forcibly committed to a psychiatric hospital or institution. This will be by order of a magistrate or by the police in the case of an urgent procedure.

Professional confidentiality?

A professional provider of care is bound by professional confidentiality. This means that he or she is not allowed to share information that you give them with others unless you give them permission to do so.

An interpreter?

It is not always easy to talk about emotional or intimate matters in a language that is not your own. This is why you can ask for the assistance of a social interpreter or intercultural mediator, who is trained to deal with such situations. This is also a way of avoiding relatives or acquaintances having to try to interpret. A professional interpreter is also bound by professional confidentiality.

Medical support when returning?

If you are living in Belgium without valid documents and decide to return to your country of origin voluntarily, you can apply to organizations such as IOM and Caritas for medical support before, during and after the flight. There is more information about this in the folder 'Medical Support when Returning'.

Remaining in Belgium due to illness?

When return to the land of origin is impossible due to serious psychological problems for which appropriate care is not available or because you are unable to travel due to the seriousness of the situation, you can apply for permission to remain under article 9ter of the Residence Law (further information is available in a separate folder). It is important to be aware that the Immigration Service will not regularize residence when psychological problems are caused solely by uncertainty about being allowed to stay. If return to the country of origin is not possible, an application for support can be made to the Social Services (CPAS/OCMW) in the place of residence on the basis of medical attestations. The CPAS/OCMW may refuse the application, but if the medical attestations rule out flying or returning to the country of origin on medical grounds, the employment courts will usually grant financial support.