

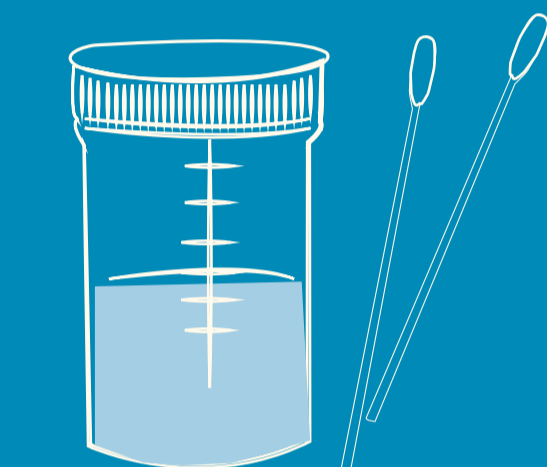
FINDING YOUR WAY IN THE HEALTHCARE SYSTEM

? Do you have questions about your body and sexuality? There is a lot of help and support available. **!**

1. Look at the section you have questions about.
2. The number in the description shows where you can get help.
3. Find the number under Contact Information. Click on the text to go to the website and make an appointment.

Testing for sexually transmitted infections and HIV

If you have unprotected sex with other people, you could get a sexually transmitted infection (STI). Many STIs can go unnoticed. To know if you have HIV or another STI, you need to get tested. Treatment is usually free.



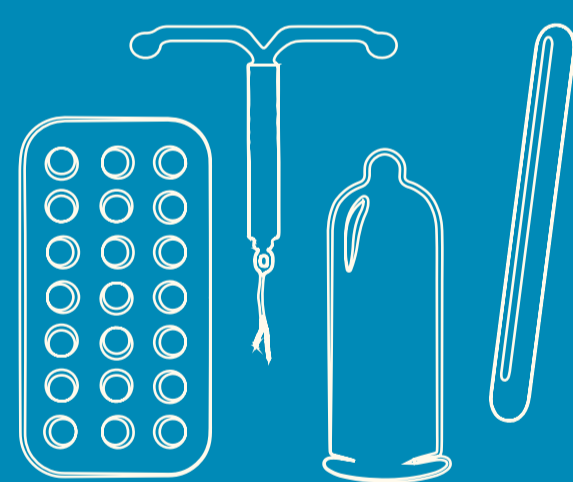
Urine sample and cotton swabs

2 4 6 7 8 9 17

Contraceptives – if you don't want to get pregnant

You have the right to choose if you want to have children and if so, when. You can use contraceptives when you do not want to get pregnant. There are many different forms of contraception and you are entitled to free advice to find what method suits you.

2 4 6 7 8



Birth control pills, IUD, condom and subdermal implant



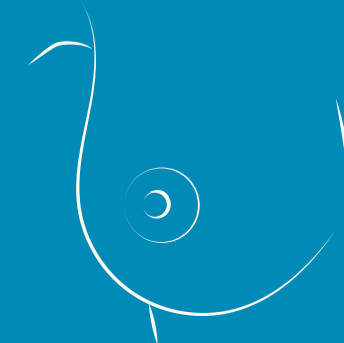
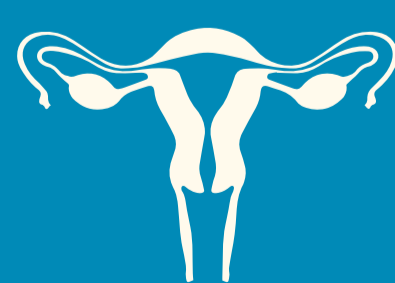
Condoms are the only contraceptive that protects against both pregnancy and STIs

Screening for cancer

Prostate exams – The prostate surrounds the urethra. Prostate cancer is quite common. It can cause you to urinate more often, or to have a weak stream, or to have blood in your urine. The risk of prostate cancer increases as you get older. Contact a medical centre if you want an exam. **2**

Pap smears are done for early detection of cervical cancer. If you are a woman (or have a female personal identity number) and are over age 23, you will be regularly called for pap smears. You will get a letter in the post with an appointment. The test is free. **6 7**

Breast exams – Breast exams are called mammograms. They are done for early detection of breast cancer. If you are a woman (or have a female personal identity number) and are over age 40, you will be regularly called for mammograms. You will get a letter in the post with an appointment. The test is free. **2 16**



Sexual orientation

Are you romantically and physically attracted to people of the same gender, or to both men and women? Under Swedish law, you have the right to love and date whoever you want. **4 5 17 22**



Gender identity and trans

Do you have thoughts about your gender identity? Do you wonder if you are a man or a woman or non-binary? You can get counselling. **4 21 23**



You can also meet others who feel the same way through various organisations. **22 23 24**

The healthcare system can assess whether you can get treatment, for example, so your body matches the gender you identify with. **18**

Itching or burning in the genital area

If you have itching or burning in your genitals, it is good to get an exam and find out what is causing it. See also Testing for sexually transmitted infections. **2 4 6 7 8**

Pain during sex

Sex should not hurt. But for many people it does. You should only have sex when you want to and if it feels good. If it hurts, it is important to get treatment. **2 4 5 6 7 8 11 17**



Penis and testicles

Difficulty getting an erection

Almost everyone has difficulty getting an erection at some point. It is usually due to being nervous or stressed. You can get help no matter what the cause may be. **2 4 17 21**

Premature ejaculation

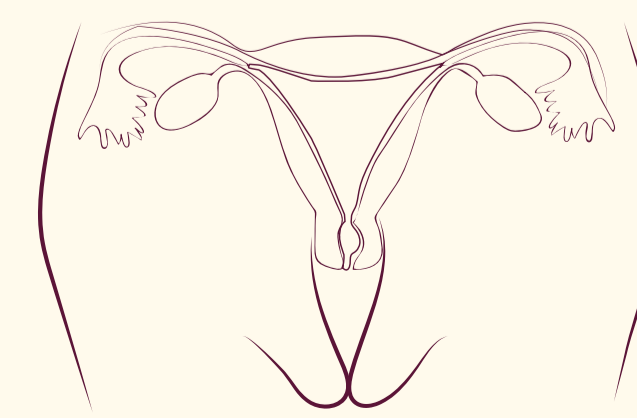
Are you concerned about ejaculating too soon? Premature ejaculation is common. You can train yourself to delay ejaculation if you feel it is a problem. **2 4 5 17 21**



Vulva

Circumcision or genital mutilation of the vulva

Has someone cut or clipped your genitals? Depending on what was done, genital mutilation can result in various problems. You can seek medical help for both physical and mental problems. **2 4 5 7 13 14**



Uterus and vagina

Relationships against your will

Are you afraid of being forced into a marriage or relationship? There are organisations and agencies that specifically help people in these situations. **4 5 17 19 20 25 26 27**

Sex against your will or sexual violence

Being forced to do something sexual when you do not want to is illegal. Even if it is your partner who forces you. If you have been raped, you should contact an emergency department as soon as possible. But you can also seek help much later. **3 4 5 11 17 19 20 21 25 26 27**

Reduced sex drive

Everyone's sex drive varies over time. If you are concerned about your sex drive, you can talk to someone about it. **2 4 5 6 17 21 27**

Unwanted sexual impulses

Are you worried about your sexual thoughts? For example, if you fantasise about sexual violence or feel desire towards children. Are you afraid that you will act on your sexual fantasies and hurt someone? You can get support and help. **4 8 17 21 27 29**



Want to get pregnant

If you are having trouble becoming pregnant, you can seek help. In Sweden, single people have the right to get treatment. Couples with two women or a man and a woman can also get treatment. Trans people can also get help. **2 7 15**

Do not want to remain pregnant

If you are pregnant but do not want to be, you have the right to an abortion. The pregnant person is always the one who decides whether or not to have an abortion. In Sweden everyone has the right to an abortion until week 18. After that, exceptional circumstances are needed. Contact a clinic as soon as possible. **4 6 7 12**

You are pregnant and want a baby

You should have regular examinations to make sure that you and the foetus are healthy. There are also parenting classes you and your partner can take to prepare. **6**

You are having a baby

Common signs of the beginning of labour are regular pains, or if your water has broken. Call the maternity ward at the hospital. The staff will tell you when it is time to come in. **10**

Problems after giving birth

Some people experience pain or depression after giving birth. There is help available. **2 6 7 11**

Menstruation/periods

If you have a lot of period pain, bleed heavily or feel sad during your period, you can seek help. **2 4 5 6 7**

Important phone numbers:

SOS Alarm for emergency assistance (ambulance): 112
Advice on healthcare and health (not urgent): 1177 **1**

Important information

Your rights in the Swedish healthcare system

You have the right to choose which medical centre you want to go to. It is important that you choose a medical centre and register there. If you have Bank-ID, you can make appointments at various clinics via e-services on 1177.

Primary care

Primary care is where you should go first if you have become ill. You can always phone 1177 **1** for advice. Primary care consists of medical centres **2**, where there are staff who take care of health issues that are not acute. If you are acutely ill, you should call 112 or visit an emergency department at a hospital instead.

Confidentiality

Everyone who works in the medical field is bound by confidentiality. This means they are not allowed to tell anyone (such as the police, Migrationsverket or others) that you were there.

Interpreter

If you do not speak Swedish, you have the right to an interpreter. Say that you need an interpreter when making your appointment. If you have a doctor's appointment and have not booked an interpreter in advance, the staff can call interpreter services and get a phone interpreter.

Asylum-seekers and undocumented people

All children and young people under age 18 have the right to healthcare and dental care in Sweden. If you are over 18, you have the right to "care that cannot be deferred", even if you do not have a personal identity number. This includes more than just emergency care. It can also be care during pregnancy and delivery, abortion and contraceptive advice. Healthcare professionals decide if you need care.

– **LMA card.** When you apply for asylum in Sweden, you first receive a receipt of your application, then an LMA card from Migrationsverket. Use the LMA card or the receipt to book healthcare or pick up medicines.

– **Reserve number.** If you are undocumented and do not have ID with a personal identity number, you will be issued a reserve number when you seek care. This number only works in the healthcare system. Try to use the same reserve number every time you receive care.

Patient fees

You will usually pay a fee when you visit a healthcare facility. Maternity care is always free. Screening for breast (mammograms) and cervical (pap smears) cancer are free. The testing and treatment of most sexually transmitted diseases is free.



Here is information on who you can contact with your questions. Click on the text to go to the website and make an appointment.

Contact information

1177

- 1** **1177** Advice on healthcare and health. Open 24/7. If you are uncertain where and when you should seek care, consult the website 1177.se or call the phone number: 1177. A nurse will help you and answer your questions. The information is available in simple Swedish and other languages.
- 2** **Medical centre (Vårdcentral)** Helps you with everything to do with health and illnesses. If you need another type of care, the doctor there will refer you. Medical centres are for everyone, regardless of age, and you can choose which one you want to visit.
- 3** **Emergency department (Akutmottagning or Akuten)** If you have a serious accident or a sudden severe illness. An emergency department is located at a hospital and is always open. Call 1177 **1** if you are unsure of how serious your condition is and if you need to go to your medical centre or the emergency department.
- 4** **Youth guidance centre (Ungdomsmottagning, UMO)** For young people. Free help with contraceptives and testing, and you can ask any questions you have about your body, sex, relationships and feelings.
- 5** **Student health (Elevhälsan)** There are people at your school whose job is to make sure you are well. They help if you are worried, stressed, sad or sleeping poorly. They also answer questions about your body or about sex. It is free and you can often go there during class time.
- 6** **Midwifery clinic (Barnmorskemottagning, may also be called Mödravårdscentral, MVC).** They help during and after pregnancy, and provide support about becoming a parent. They provide advice about contraceptives, tests for STIs and do pap smears.
- 7** **Gynaecology clinic (Gynekologmottagning)** A specialist clinic for problems related to the vagina, uterus and pregnancy. To make an appointment, you need a referral from a health centre or a self-referral.
- 8** **STI clinic (STI-mottagning)** You can get screened for sexually transmitted infections/STIs and HIV here, and get advice on contraceptives, get your penis or vagina examined, have a pregnancy test or get advice about sex and relationships. Can also be called hud- och könsmottagning (skin and genital clinic).
- 9** **Klamydia.se** Free chlamydia and gonorrhoea tests that you take at home. Available in most regions.
- 10** **Maternity ward (Förlossningsavdelning)** Usually found at hospitals and are always open. The midwifery clinic will tell you what maternity wards are close to you and help you to choose one.
- 11** **Emergency gynaecology (Akutmottagning gynekologi or Gynakuten).** Helps with things like miscarriages, heavy bleeding from the vagina and healthcare after sexual assaults. It is also for those who are pregnant or have recently given birth and need to see a doctor the same day.
- 12** **Abortion clinic (Abortmottagning)** You can get help here if you want an abortion or need advice before or after having one.
- 13** **Amel Clinic at Söder Hospital (Stockholm)** Counselling, information and healthcare if you have problems due to circumcision/genital mutilation. Phone: 08-123 627 00. Address: Sjukhusbacken 10, Stockholm.
- 14** **Vulva Clinic at Angered Local Hospital (Gothenburg)** Counselling, information and healthcare if you have problems because of circumcision/genital mutilation. Phone: 031-332 69 02, 031-332 67 00. Address: Halmtoget 1, Angered.
- 15** **Reproductive medicine clinic** If you need help getting pregnant.
- 16** **Mammography Clinic (Mammografimottagning)** You can get your breasts examined here for early detection of cancer.
- 17** **Men's Clinic (Mansmottagning)** For men. You can get free help with contraceptives and testing here, and you can ask any questions you have about your body, sex, relationships and feelings. Located in certain places in the country.
- 18** **Gender Dysphoria Clinic (Könsdysforimottagning)** If you want your body to match your gender identity. They can do an assessment. Then you can get treatment (hormones and surgery).
- 19** **Social Services** Social services can give you support or help. For example, if someone else wants to control you, your relationships or your sexuality. Call your municipality and ask to be connected to social services (socialtjänsten) or the emergency social services (socialjouren).
- 20** **Police** You can get help from the police. For example, if you are the victim of a sexual crime or an honour-related crime. It is also important that you report these crimes. Police phone number: 114 14. In an emergency situation or when a crime is taking place, call: 112.

Support and aid organisations

- 21** **RFSU** Our website rfsu.se/upos has videos with information in several languages. RFSU also has an online chat feature. You can receive advice from RFSU's clinic over the phone. You can talk to a midwife at this phone number: 08-692 07 84. You can talk to a psychotherapist at this phone number: 08-692 07 70.
- 22** **RFSL** Association for lesbian, gay, bisexual, trans, queer and intersex people's rights. **RFSL Newcomers For** and with asylum seekers, newcomers to Sweden and undocumented LGBTQI people. **RFSL Newcomers Youth** For and with asylum seekers, newcomers to Sweden and undocumented LGBTQI people aged 15–30.
- 23** **Transammans.se** Support and community for trans people and their loved ones. Email: hej@transammans.se. Transammans is also on Facebook.
- 24** **FPES, association for trans people** Contact information on their website, fpes.se/kontakt.
- 25** **Women's helpline – Kvinnofridslinjen** For girls and women who have been subjected to violence. You can get support or help with where to turn. You can get help from an interpreter. Phone: 020–50 50 50.
- 26** **Somaya stödjour** Support hotline for girls, women and LGBTQI people subjected to violence, threats or controlling behaviour. Completely anonymous and in several languages. They have an online chat feature. Phone: 020-81 82 83. Email: stodjouren@somaya.se.
- 27** **Killar.se** For those who identify as male and are aged 15–25. You can talk to a counsellor or chat anonymously. All questions and thoughts are welcome. Email address for counselling: mottagning@killar.se Phone: 076-265 32 65.
- 28** **"Choose to stop" – Välj att sluta** For those at risk of harming someone you love, and for those who are victims of violence. Completely anonymous. Phone: 020-555 666.
- 29** **Preventell.se** If you feel you've lost control of your sexuality or if you are afraid of harming yourself or others. Completely anonymous. Phone: 020-66 77 88.
- 30** **Red Cross** If you need medical care but are not authorised to be in Sweden, the Red Cross (Röda Korset) can help you to get in touch with the healthcare system. Phone: 020-211 000. SMS: 0723-49 98 08. Email: papperslos@redcross.se.

