



IF YOU HAVE ANY DIFFICULTY IN ACCESSING FAMILY PLANNING CONSULTATION, YOU SHOULD CONTACT THE SERVICES LISTED BELOW:

Sexuality Support Line:

**800 222 003**

Available working days from 11 am to 7 pm. On Saturdays, from 10 am to 5 pm

Health Office of the Regional Health Administration of Lisbon and Tagus Valley (ARSLVT) at the National Centre of Migrant's Integration Support (CNAIM):

**935 329 453 218 106 173**

[fernanda.silva@arslvt.min-saude.pt](mailto:fernanda.silva@arslvt.min-saude.pt)

If you need **assistance with translation**, please contact the Telephone Translation Service of the High Commission for Migrations (ACM, I.P.):

**808 257 257 218 106 191**

Available on working days from 9 am to 7 pm



## DO YOU KNOW WHAT A FAMILY PLANNING CONSULTATION IS?



FAMILY PLANNING CONSULTATION IS FREE OF CHARGE AND IS AVAILABLE IN HEALTH CENTRES, IN SOME HOSPITALS AND MATERNITY HOSPITALS, WITH THE FOLLOWING OBJECTIVES:

- Promote a safe and healthy sex life;
- Inform about existing contraceptive methods, for example, the pill, intrauterine device (IUD), implant and condom. The chosen contraceptive is provided free of charge;
- Screening for cervical cancer, breast cancer, and sexually transmitted infections, e.g. Human immunodeficiency virus (HIV), Human papilloma virus (HPV), gonorrhoea, syphilis, and viral hepatitis;
- Prepare for responsible motherhood and fatherhood;
- Identify and guide couples with infertility problems;
- Support in voluntary interruption of pregnancy (VIP);
- Clinical follow-up.



The right to family planning is guaranteed to all people, namely women up to the age of 54 and men (no age limit). This right is guaranteed by the Constitution of the Portuguese Republic, the Basic Health Law (Law no. 95/2019, of September 4), Law no. 3/84, of March 24, and reinforced by Law no. 120/99, of August 11, even if the user number and/or residence permit are not available.

#### WHAT DOCUMENTS DO I NEED TO SUBMIT?

- Valid identification document (passport or residence permit);
- In the case of undocumented citizens, they must present a residence certificate, issued by the Parish Council in your area of residence.