

Useful and Emergency Telephone Numbers

112 is the emergency number for **fire, police** and **ambulance** and so is only to be used in cases of real emergency, when every second counts. 112 is the emergency number throughout Europe.

IMPORTANT AND USEFUL NUMBERS

<p><u>POLICE STATIONS</u> For police services, or for the Aliens' police, first call 0900 8844. You will then be connected to your local police station or visit www.politie.nl</p> <p><u>24 HOUR MEDICAL SERVICE</u></p> <p>Family Doctor</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Amsterdam</td> <td style="text-align: right;">020 - 592 3434</td> </tr> <tr> <td>The Hague (Huisartsendienst)</td> <td style="text-align: right;">070 - 346 9669</td> </tr> <tr> <td>Rotterdam (Huisartsenpost)</td> <td style="text-align: right;">010 - 290 9888</td> </tr> </table> <p>24 hour information on phone numbers for doctors ('t Gooi, Almere, Amersfoort areas) and dentists (not all areas), 0900 1515</p> <p>Dentist</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Amsterdam</td> <td style="text-align: right;">0900 821 2230</td> </tr> <tr> <td>The Hague</td> <td style="text-align: right;">070 - 311 0305</td> </tr> <tr> <td>Rotterdam</td> <td style="text-align: right;">010 - 455 2155</td> </tr> </table> <p>(17:00 - 08:00 answer phone in Dutch)</p> <p>Local free newspapers list after-hours emergency numbers or contact your local apotheek.</p> <p><u>COUNSELLING</u></p> <p>ACCESS counselling referral 070 - 346 2525 Parnassia (24h) The Hague 070 - 391 6391 (Netherlands Association for Outpatients' Mental Health Care)</p> <p>Sexual Abuse</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Amsterdam</td> <td style="text-align: right;">020 - 611 6022</td> </tr> <tr> <td>The Hague</td> <td style="text-align: right;">070 - 362 0496</td> </tr> <tr> <td>Other locations</td> <td style="text-align: right;">0900 899 8411</td> </tr> </table> <p>(Weekdays 09:00 - 23:00 Weekends 15:00 - 23:00)</p> <p>SOS Distress</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Amsterdam</td> <td style="width: 15%;">(24h)</td> <td style="text-align: right;">020 - 675 7575</td> </tr> <tr> <td>The Hague</td> <td>(24h)</td> <td style="text-align: right;">070 - 345 4500</td> </tr> <tr> <td>Rotterdam</td> <td>(24h)</td> <td style="text-align: right;">010 - 436 2244</td> </tr> <tr> <td>Zoetermeer</td> <td>(20:00 - 02:00)</td> <td style="text-align: right;">079 - 352 3737</td> </tr> <tr> <td>Utrecht</td> <td></td> <td style="text-align: right;">030 - 294 3344</td> </tr> </table> <p>Some of these organisations are run by Dutch volunteers. If the volunteer cannot speak English, one will be found who can help. If the answer is a tape in Dutch, listen carefully - how to reach someone in person will be explained.</p>	Amsterdam	020 - 592 3434	The Hague (Huisartsendienst)	070 - 346 9669	Rotterdam (Huisartsenpost)	010 - 290 9888	Amsterdam	0900 821 2230	The Hague	070 - 311 0305	Rotterdam	010 - 455 2155	Amsterdam	020 - 611 6022	The Hague	070 - 362 0496	Other locations	0900 899 8411	Amsterdam	(24h)	020 - 675 7575	The Hague	(24h)	070 - 345 4500	Rotterdam	(24h)	010 - 436 2244	Zoetermeer	(20:00 - 02:00)	079 - 352 3737	Utrecht		030 - 294 3344	<p><u>HELPLINES</u></p> <p>AIDS infoline 0900 204 2040 (in English, 14:00 - 22:00 weekdays)</p> <p>Alcoholics Anonymous (24h) 020 - 625 6057</p> <p>A.A. Contacts 0900 500 2021 In English (24h) 020 - 625 6057</p> <p>Alcohol and Drug Abuse</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Amsterdam (drugs, alcohol & clinic)</td> <td style="text-align: right;">020 - 570 2222</td> </tr> <tr> <td>The Hague</td> <td style="text-align: right;">070 - 391 7800</td> </tr> <tr> <td>Rotterdam (drugs, alcohol & clinic)</td> <td style="text-align: right;">010 - 272 3300</td> </tr> </table> <p>Battered Wives (mishandelde / bedreigde vrouwen) These numbers will reach the crisis centres</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Amsterdam (09:00 - 23:00, Mon - Fri)</td> <td style="text-align: right;">020 - 611 6022</td> </tr> <tr> <td>The Hague (24h, everyday)</td> <td style="text-align: right;">070 - 392 5774</td> </tr> <tr> <td>Rotterdam (24h, everyday)</td> <td style="text-align: right;">010 - 476 1680</td> </tr> </table> <p>Child Line (02:00 - 20:00 everyday) 0800 0432</p> <p>Drugs Advice Clinic</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Amsterdam</td> <td style="text-align: right;">020 - 570 2355</td> </tr> <tr> <td>The Hague Parnassia</td> <td style="text-align: right;">070 - 391 7800</td> </tr> </table> <p>Lost Property (gevonden voorwerpen)</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Europass/Eurocheques</td> <td style="text-align: right;">0800 - 0313</td> </tr> <tr> <td>Eurocard</td> <td style="text-align: right;">030 - 283 5555</td> </tr> <tr> <td>Giro Pass/Giros (24h)</td> <td style="text-align: right;">058 - 212 6000</td> </tr> <tr> <td>Visa Card issued inside NL</td> <td style="text-align: right;">020 - 660 0611</td> </tr> <tr> <td>Visa Card issued outside NL</td> <td style="text-align: right;">0800 022 4176</td> </tr> <tr> <td>Amex</td> <td style="text-align: right;">020 - 504 8000</td> </tr> <tr> <td>Amex (after 20:00 and weekends)</td> <td style="text-align: right;">020 - 504 8666</td> </tr> </table> <p>In a taxi:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Amsterdam</td> <td style="text-align: right;">020 - 677 7777</td> </tr> <tr> <td>The Hague</td> <td style="text-align: right;">070 - 317 8877</td> </tr> <tr> <td>Rotterdam</td> <td style="text-align: right;">010 - 462 6060</td> </tr> </table> <p>In public transport or places 0900 9292</p> <p>24h Veterinary Service</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Amsterdam</td> <td style="text-align: right;">020 - 560 6360</td> </tr> <tr> <td>Amsterdam (after 15:30)</td> <td style="text-align: right;">0900 9551</td> </tr> <tr> <td>The Hague (08:00 - 20:00)</td> <td style="text-align: right;">070 - 325 5907</td> </tr> <tr> <td>The Hague (weekends)</td> <td style="text-align: right;">070 - 311 0307</td> </tr> </table> <p>ACCESS INFORMATION HELPLINE</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Amsterdam</td> <td style="text-align: right;">020 - 423 3217</td> </tr> <tr> <td>The Hague</td> <td style="text-align: right;">070 - 346 2525</td> </tr> </table> <p style="text-align: center;">More useful numbers, addresses and services are available in our ACCESS Information Calendar</p>	Amsterdam (drugs, alcohol & clinic)	020 - 570 2222	The Hague	070 - 391 7800	Rotterdam (drugs, alcohol & clinic)	010 - 272 3300	Amsterdam (09:00 - 23:00, Mon - Fri)	020 - 611 6022	The Hague (24h, everyday)	070 - 392 5774	Rotterdam (24h, everyday)	010 - 476 1680	Amsterdam	020 - 570 2355	The Hague Parnassia	070 - 391 7800	Europass/Eurocheques	0800 - 0313	Eurocard	030 - 283 5555	Giro Pass/Giros (24h)	058 - 212 6000	Visa Card issued inside NL	020 - 660 0611	Visa Card issued outside NL	0800 022 4176	Amex	020 - 504 8000	Amex (after 20:00 and weekends)	020 - 504 8666	Amsterdam	020 - 677 7777	The Hague	070 - 317 8877	Rotterdam	010 - 462 6060	Amsterdam	020 - 560 6360	Amsterdam (after 15:30)	0900 9551	The Hague (08:00 - 20:00)	070 - 325 5907	The Hague (weekends)	070 - 311 0307	Amsterdam	020 - 423 3217	The Hague	070 - 346 2525
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