

Your Guide to Life in Sønderborg

Emergency numbers

112

EMERGENCY NUMBER:
(ANYTIME)

+45 99 44 56 59

PSYCHIATRIC EMERGENCY
DEPARTMENT (ANYTIME)

+45 70 201 201

LIFELINE (OPEN DAILY FROM 11
AM TO 5 AM)

+45 70 11 07 07

EMERGENCY DOCTOR
(OUTSIDE OF YOUR GP'S
OPENING HOURS)

The Yellow Card - your key to free healthcare

Name and address of your free
General Practitioner (GP). Check
when your GP is open on their
website.



Your civil personal registration
number (CPR) is personal.
Never share it with others.

Klinik Ungeliv

Klinik Ungeliv in Sønderborg
offers free, confidential health
services for young people (age
12–25). The clinic offers
information on:

- Anonymous counseling with healthcare professionals
- Sexual health,
- Contraception
- STD testing
- Pregnancy tests

Klinik UngeLiv

Seksuel sundhed
uden tabuer



Free psychological help

Age 15-25

Sønderborg Kommune offers up to five free and anonymous sessions if you are experiencing light to moderate psychological difficulties.

Free dental care for young people

Until the age of 22

Tandplejen offers free dental care to children and young people with a public register address in Sønderborg Municipality.

Sønderborg.dk

Your gateway to community, events and information



You can find events for young people, a list of youth organizations and other practical information on sonderborg.dk

Sønderborg Youth Council

Join the council now and get a voice in local politics or apply for funding of your youth-led activities and events.



"Sønderbog Ungdomsråd"

The foodbank in Sønderborg

Get free surplus food in Sønderborg – and help reduce food waste at the same time?



"Madbanken Sønderborg"