



BUILDRES Project

Project number: 2024-2-CY01-KA220-YOU-000295718

EU COUNTRIES DESK RESEARCH

Partner organisation: ADAPTORA

Research on: Belgium

Country overview

As of 2025, Belgium has a population of around 11.7 million people, with a fertility rate of approximately 1.47 children per woman, according to national data. The country operates a universal healthcare system based on mandatory registration with a public health insurance fund, which provides access to a wide range of services including maternal and reproductive care. Prenatal, childbirth, and postnatal services are covered under public insurance, while contraception is widely available and fully reimbursed for women under 25. Fertility clinics are accessible in both public and private sectors, and new employment protections in 2024 ensure women undergoing infertility treatment receive the same safeguards as during maternity leave. Mental health services are provided through psychiatrists, psychologists, and counselling centres, with partial reimbursement through health insurance, though waiting times and affordability can vary regionally. In terms of social benefits, mothers are entitled to 15 weeks of maternity leave (19 weeks for multiple births) and fathers/co-parents to 20 days of paternity leave, with benefits ranging from 75–82% of income. Families receive regional birth grants and monthly child allowances, and most reproductive and mental health services are partially covered by insurance. Emergency assistance is available via 112.

Name of the organisation	Community Help Service
Short Description (Around 300 characters)	CHS Belgium is a mental health non-profit in Brussels, supporting the international and local community with accessible, high-quality care. Founded in 1971, today it is a trusted source of support and guidance for individuals in Belgium and beyond who face emotional and psychological challenges. With the help of trained volunteers, we operate a 24-hour Helpline that receives thousands of calls each year from people struggling with anxiety, depression, loneliness, and other mental health concerns. We also offer practical information and resources to help newcomers adjust to life in Belgium.
Country	Belgium
Mail	office@chsbelgium.org
Phone	+32 (0)2 647 67 80
Website	https://www.chsbelgium.org/about-chs/
Address	Avenue des Phalènes 26, 1000 Brussels, Belgium
Name of the organisation	Medimmigrant
Short Description (Around 300 characters)	NGO offering support for migrants and women's health.
Country	Belgium
Mail	info@medimmigrant.be
Phone	02 274 14 33 or 0800 14 960
Website	https://medimmigrant.be/
Address	Rue Gaucheret 164 1030 Brussels
Name of the organisation	CPF Woman Do
Short Description (Around 300 characters)	The CPF Woman'Do offers a psycho-social reception service, psychological, social, legal, gynaecological and psychiatric consultations. It pays particular attention to prevention relating to all aspects of relational, emotional and sexual life, in particular through a prevention policy and the organisation of group activities. The CPF Woman'Do specialises in post-traumatic support for exiled women in precarious residence who have fled violence.
Country	Belgium
Mail	info@womando.be
Phone	0471 22 59 36
Website	www.womando.be
Address	Chaussée de Waterloo 412F, 1050 Ixelles
Name of the organisation	Famiris
Short Description (Around 300 characters)	The public child-benefits fund for the Brussels region: handles birth allowances, monthly child allowances and family subsidy services for families living in Brussels.
Country	Belgium
Mail	info@famiris.brussels
Phone	080035950
Website	https://famiris.brussels/en/



Address	Trierstraat 70 1000 Brussels
Name of the organisation	Fertility Clinic Brussels
Short Description (Around 300 characters)	A specialised fertility clinic in Brussels offering services such as IVF, ICSI, oocyte/sperm donation, and reproductive counselling for individuals and couples experiencing infertility.
Country	Belgium
Mail	info@fert.be
Phone	02/891 09 56
Website	https://fert.be/en
Address	Boulevard du Jardin Botanique 32, Brussels, Belgium