



BUILDRES Project

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EU COUNTRIES DESK RESEARCH

Partner organisation: ADAPTORA

Research on: Bulgaria

Country overview

Bulgaria's population is 6.78 million. The country's Total Fertility Rate (TFR) is low by historical standards Bulgaria fertility rate for 2025 is 1.63, a 0.49% increase from 2024., a rising mean maternal age and a significant proportion of mothers combine work and family under constrained labour-market conditions. Teenage motherhood rates remain higher than many EU peers in some regions. Data: National Statistical Institute and country demographic summaries.

In Bulgaria, public healthcare is universally accessible through the National Health Insurance Fund (NHIF), which provides coverage for maternal and reproductive services such as prenatal care, childbirth, and postnatal support. Reproductive health services, including contraception and fertility treatments, are available through both public hospitals and private fertility clinics, though access to specialized care may vary regionally. Mental health services are offered by public and private institutions, but affordability and availability can be limited, especially outside major cities. Employed parents are entitled to paid maternity leave of 410 days (with 90% of income covered) and paternity leave of 15 days, along with family and child allowances. NHIF insurance covers parts of reproductive and mental health care costs, while NGOs such as the Bulgarian Family Planning Association support migrant women with healthcare guidance. Emergency assistance is available via the national hotline 112.

Name of the organisation	National Health Insurance Fund (NHIF)
Short Description (Around 300 characters)	Bulgaria's statutory health insurer — manages entitlement to public healthcare (including prenatal care, delivery and standard maternal services for insured people), provides information on regional funds and cross-border care.
Country	Bulgaria
Mail	crossbordercare@nhif.bg
Phone	+359 2 965 9116 / +359 2 965 9124
Website	https://www.nhif.bg/en/contacts?
Address	1, Krichim Str., 1407 Sofia Bulgaria
Name of the organisation	ObGyn Hospital "Dr. Shterev" — Reproductive / IVF centre
Short Description (Around 300 characters)	One of Bulgaria's long-established private reproductive medicine hospitals offering fertility treatments, IVF/ART, prenatal and obstetric services — useful for specialist fertility referrals.
Country	Bulgaria
Mail	international@shterevhospital.com
Phone	+359 2 920 09 01
Website	https://shterevhospital.com/
Address	25-31 Hristo Blagoev Str., Razsadnika quarter, Sofia 1330, Bulgaria
Name of the organisation	Council of Refugee Women in Bulgaria
Short Description (Around 300 characters)	Non-profit organisation providing access to mental health and emotional support services for people suffering trauma or hardship due to war, displacement or violence.
Country	Bulgaria
Mail	office@crw-bg.org
Phone	+359 878 136 321 / +359 878 738 148
Website	www.facebook.com/pg/CRWBG
Address	Sofia, Iskar 37 str.
Name of the organisation	The Foundation for Access to Rights (FAR)
Short Description (Around 300 characters)	A self-help information platform run by the Foundation for Access to Rights (FAR) in Bulgaria. It provides refugees, migrants, and asylum seekers with up-to-date guidance in multiple languages, covering legal, medical, employment and social services, including interactive maps of providers. It gives information on pregnancy support, and birth allowances.
Country	Bulgaria
Mail	Online form link: https://refugeelight.bg/en/request-assistance
Phone	+359 882 873 238 / +359 884 334 283
Website	https://refugeelight.bg/en/social-assistance-women-pregnancy-birth
Address	online
Name of the organisation	Bulgarian Family Planning and Sexual Health Association
Short Description (Around 300 characters)	BFPA is a non-governmental organisation founded in 1992, registered in public benefit, which works for improvement of sexual and reproductive



	health of everyone – regardless of gender, ethnicity, creed or age. The main goal of the organisation is to create conditions for realization of the right of family planning and sexual health of Bulgarian citizens, as well as for promotion and popularization of reproductive health and health prevention ideas in Bulgaria.
Country	Bulgaria
Mail	bfpa@safesex.bg
Phone	+359 2 943 30 52 +359 2 943 46 77
Website	https://basp.sne-ejo.com/
Address	Sofia, 1504 blvd. "Dondukov" No 67