



## Overview contact points Munich

Emergency numbers (manned 24 hours a day):

### Rescue service in case of danger to life:

**112**

The emergency call may only be dialed in actual emergency situations.

### Police:

**110**

The emergency numbers 112 and 110 can be called free of charge from all mobile networks. You will be connected directly to the nearest fire department or police operations center.

### Deaf telephone emergency call (writing telephone):

**089/19 294**

Further information: <https://giby.de/auskunft/notfall-und-bereitschaftsdienst>

### Medical on-call service:

**116 117**

Free nationwide hotline for non-life-threatening illnesses, outpatient medical assistance outside office hours, referral to the nearest on-call service and appointment service for initial psychotherapeutic consultations and acute treatment.



## **Munich Poison Control Center:**

**089/19 240**

The Poison Helpline is an emergency telephone helpline run by specialized poison information centers that provide advice in cases of acute poisoning or suspected poisoning. It can be contacted if someone has possibly ingested or come into contact with poisonous substances such as medicines, cleaning agents, plants or chemicals. The poison control center provides immediate recommendations for action to protect health until medical help arrives.

## **Crisis services for mental crises Bavaria:**

**0800 655 30 00**

The Bavarian Crisis Services are a psychosocial counseling and assistance service for citizens of Bavaria in mental health crises. They are available free of charge around the clock every day.

## **Addiction hotline:**

**089 / 28 28 22**

For sufferers and relatives of all ages and social classes - anonymous, non-binding, free of charge.

## **Help hotline - violence against women\*:**

**116 016**

The "Violence against women" helpline is a nationwide advice service for women who have experienced or are still experiencing violence. Victims of all nationalities, with and without disabilities, are supported around the clock, 365 days a year, by telephone or online. Relatives, friends and professionals can also receive advice anonymously and free of charge.



## Selected advice centers:

### **Women's helpline Munich ("Frauennotruf München"):**

Saarstr. 5

80797 Munich

Phone: 089 - 76 37 37

Monday to Friday from 10 am to 1 pm and 3 pm to 9 pm  
except Wednesday: 10-13 h and 18-21 h

Consultation hours for trans, inter- and non-binary people: 089 - 76 37 37

E-mail: [info@frauennotruf-muenchen.de](mailto:info@frauennotruf-muenchen.de)

Homepage: <https://frauennotruf-muenchen.de/>

First aid: <https://frauennotruf-muenchen.de/erste-hilfe-informationen-fuer-betroffene/>

**Frauennotruf München** is an advice centre that specializes in supporting women and girls who have experienced sexual violence, harassment or intimate partner violence. The center offers free, confidential advice by telephone and online, without the need to provide personal details. The aim is to help those affected to process their experiences, increase their safety and, if necessary, clarify legal steps.

### **Counseling center for girls\* and young women\* - IMMA e.V.:**

Jahnstraße 38 80469 Munich

Tel.: 089/260 75 31 (varying opening hours, see homepage)

E-mail: [beratungsstelle@imma.de](mailto:beratungsstelle@imma.de)

Homepage: <https://imma.de/>

Online advice: [www.onlineberatung.imma.de](http://www.onlineberatung.imma.de)

The IMMA association is committed to improving the lives of girls\* and young women\* and promotes work with this target group. The aim is to support them in their self-determination



and equality, regardless of sexual identity, origin or individual restrictions. IMMA works in a feminist and partisan way and involves relevant reference persons and areas of life of girls\* and young women\* in order to actively counteract disadvantages and discrimination.

### **Strong! - LGBTQ\* counseling center & Hate Speech reporting office:**

Advice center: 0800 00 112 03

Bavarian help telephone: +49 (0)89 856346427

Homepage: <https://strong-community.de/>

Sub e.V. : <https://subonline.org/>

Strong! offers support for people who have experienced discrimination or violence through face-to-face, telephone or online counseling. The service is aimed at those affected, their relatives, professionals, activists, the press and companies who want to support LGBTIQ people and counter discrimination. Counseling is anonymous and sensitively tailored to the needs of clients. The provider is Sub - schwul-queeres Kommunikations- und Kulturzentrum München e.V..

### **Club of disabled people and their friends e. V. Munich and region**

#### **(“Club Behinderter und ihrer Freunde e.V.”):**

Johann-Fichte-Str. 12

80805 Munich

Phone: (0 89) 3 56 88 08

E-mail: [info@cbf-muenchen.de](mailto:info@cbf-muenchen.de)

Homepage: <https://www.cbf-muenchen.de/>

The Club Behinderter und ihrer Freunde e.V. (CBF) München is a non-profit association that has been promoting the interests of people with disabilities since 1974. The association promotes the coexistence of disabled and non-disabled people and offers advice, leisure



activities and information about barrier-free places in Munich. The aim is to enable a self-determined life and reduce discrimination.

### **Number against distress (“Nummer Gegen Kummer”):**

Parents' hotline: 0800 - 111 0 550 (Mon-Fri 9am-5pm, Thu 9am-7pm)

Children's & youth telephone: 116 111 (Mon-Sat 2-8 p.m.)

Homepage: <https://www.nummergegenkummer.de/>

The “Nummer gegen Kummer” is a free counseling service for children, young people and parents that offers anonymous advice on problems and worries.

Objectives: Support with personal and family challenges, promotion of mental health and prevention of crises through early assistance.

Target group: Children and young people with various problems (e.g. bullying, anxiety, school stress) as well as parents who have questions about parenting or family difficulties.

### **Social Psychiatric Services (SPDis):**

Advice and support for people with mental stress/mental disorders (aged 18-60) and their relatives/friends/neighbors. The aim is to enable the greatest possible recovery and to maintain or achieve the greatest possible degree of independence and participation in social life. The social psychiatric services work closely with all institutions involved in psychiatric and psychosocial care. As a central point of contact, they assume an important mediation and coordination function for all matters relating to mental health problems. Geriatric psychiatric services (GPDIs) are responsible for people 65+, but in principle offer the same services.

Depending on the needs of those seeking help, they offer, among other things:

- Individual counseling sessions for those affected and their relatives
- Assistance in dealing with authorities / doctors & therapists / psychosocial institutions



- Coordination of all necessary medical, therapeutic and social assistance
- Partly group offers / assisted (individual) living / day centers

Page for determining the responsible SpDi (depending on the district):

<https://stadt.muenchen.de/service/info/beratung-von-menschen-mit-psychischen-problemen/1072069/>

Overview of the GPDIs: <https://stadt.muenchen.de/infos/gerontopsychiatrie.html>

### **Psychological service for foreigners (Caritas):**

Bayerstr. 73, 2nd floor

80335 Munich

Phone: 089 231149 0

E-mail: [pda@caritasmuenchen.de](mailto:pda@caritasmuenchen.de)

Homepage: <https://www.caritas-psychische-gesundheit-fuer-auslaender.de/de>

### **Psychological service for migrants (AWO):**

Goethestr. 53

80336 Munich

Phone: 089 - 54 42 47 - 53

E-mail: [psych.migration@awo-muenchen.de](mailto:psych.migration@awo-muenchen.de)

Homepage: <http://www.awo-muenchen.de/migration/psychologischer-dienst>

The psychological services for foreigners / migrants are culturally sensitive and Native language advice centers for migrants in the main areas:

- Educational counseling
- Advice on partnership, separation and divorce issues
- Social psychiatric counseling
- Life counseling



### **Family emergency call Munich:**

Pestalozzistraße 46 Front building 80469 Munich

Phone: 089 - 23 88 56 - 6

E-mail: [info@familien-notruf-muenchen.de](mailto:info@familien-notruf-muenchen.de)

Homepage: <https://www.familien-notruf-muenchen.de/familien-notruf-muenchen/>

The counseling center offers support for individuals and couples with children in partnership and family crises. Counseling can be helpful:

- when things go differently than desired in the partnership or family
- if a separation is imminent and suitable solutions need to be found for yourself, the children and the other parent
- if the conflicts persist even after the separation
- or if there are questions about the newly formed family

### **Association of Binational Families and Partnerships:**

Goethestr. 53 80336 Munich

Phone: 089 24 88 137 70

E-mail: [muenchen@verband-binationaler.de](mailto:muenchen@verband-binationaler.de)

Homepage: <https://www.verband-binationaler.de/>

The Association of Binational Families and Partnerships, iaf e.V., represents the interests of binational and increasingly also multinational families and partnerships throughout Germany. The aim of the association is to promote intercultural coexistence in Germany on an equal and future-oriented basis. It supports binational and intercultural couples and families in the following areas:

- Context-related advice and therapy for legal and psychosocial issues
- Promotion of multilingual, diversity-sensitive and anti-discriminatory education
- Commitment against discrimination and racism
- Promoting communication and exchange between migrant and global couples and families

**Bellevue di Monaco:**

Müllerstrasse 2-6

80469 Munich

Phone: 089 - 550 5775-0

Telephone hours: Mon - Fri, 10:00 a.m. - 12:00 p.m.

E-mail: [info@bellevuedimonaco.de](mailto:info@bellevuedimonaco.de)

Homepage: <https://bellevuedimonaco.de/>

Bellevue di Monaco is a social cooperative in Munich that is committed to the integration and support of refugees and migrants. The facility offers various services, including advice on asylum procedures, integration assistance and cultural activities and events. There is also a café that serves as a meeting place and promotes intercultural encounters. The aim is to create an open and supportive community.

**Do you know another important contact point that is missing here? Please contact [jana.effinger@jimev.de](mailto:jana.effinger@jimev.de) :)**

**For more information & contact options scan the QR-Code above!**

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