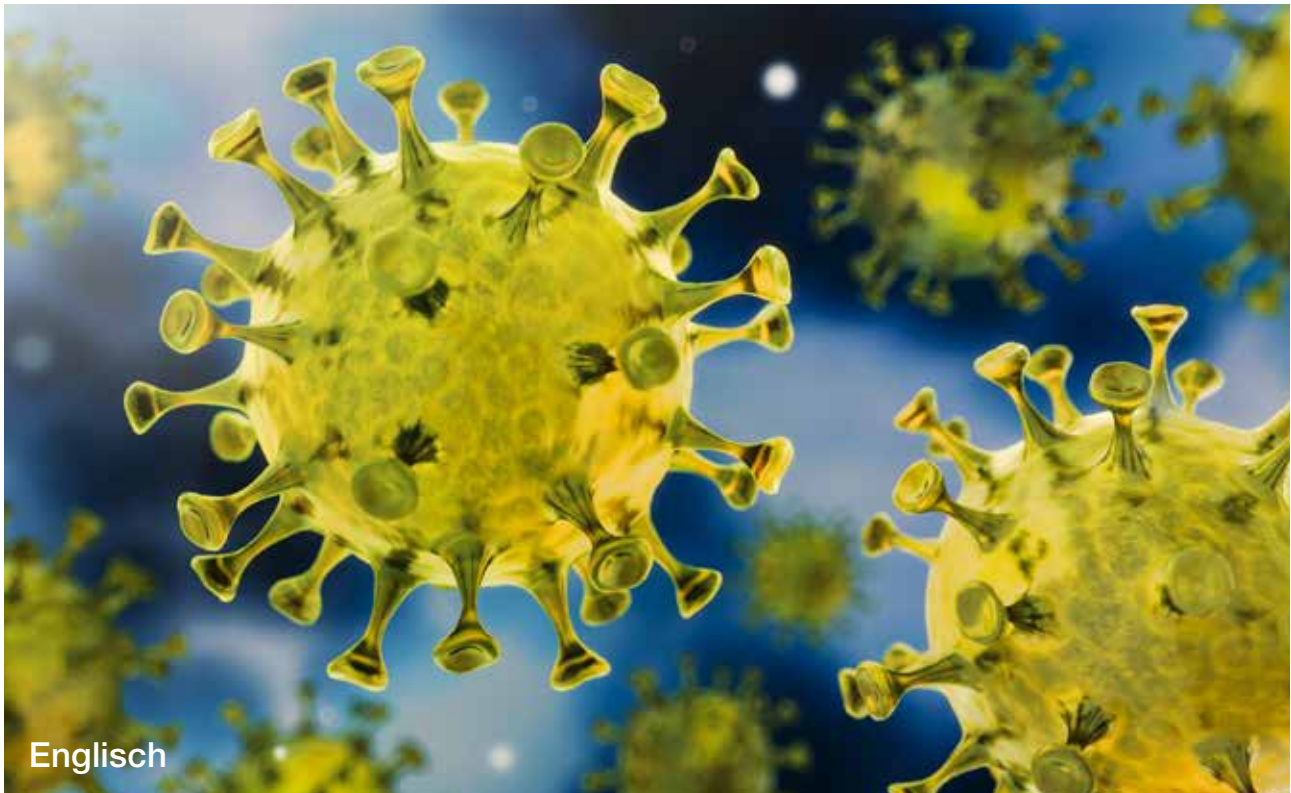


# Coronavirus SARS-CoV-2

## Rules and support



- Coronavirus rules
- Testing options
- Travel regulations
- [Vaccination in Munich](#)
- Support services

**Ethno-  
Medizinisches  
Zentrum e.V.**



im Auftrag der Landeshauptstadt München  
Gesundheitsreferat



Landeshauptstadt  
München

# Coronavirus rules in Munich

Coronavirus restrictions have been relaxed.

Relaxing coronavirus rules follows the 'hospitalisation traffic light system' as an indicator for the burden on the health care system, as well as the 7-day incidence rate.

**Hospitalisation traffic light system:** As soon as more than 1200 patients with COVID-19 disease have been admitted to the hospital system within the last 7 days, the level 'amber' comes into force with potentially increased coronavirus restrictions, such as compulsory FFP2 masks or restrictions on social contacts.

Level 'red' is reached when more than 600 persons with COVID-19 disease are in Bavarian intensive care wards. Restrictions may be tightened further at traffic light level 'red'.

Please find out regularly which level of the traffic light system applies, and which regulations you must comply with.

**7-day incidence rate:** this is the number of new coronavirus infections per 100,000 inhabitants within the last 7 days.

The trigger is an incidence rate above 35 and the traffic light system changing to 'amber' or 'red'.

You can obtain the **current 7-day incidence rate** on the Capital City of Munich's official internet portal. [www.muenchen.de/rathaus/Stadtfinfos/Coronavirus-Fallzahlen.html](http://www.muenchen.de/rathaus/Stadtfinfos/Coronavirus-Fallzahlen.html)

The Bavarian State Ministry for Health and Care Services provides up to date information on the regulations currently in force. [www.stmgp.bayern.de/coronavirus](http://www.stmgp.bayern.de/coronavirus)

## The 3G-rule

In many locations, the 3G-rule applies. It means that access is only permitted for people who are either fully vaccinated (geimpft), tested (getestet) or have recovered (genesen) from COVID-19.

Children under the age of 6 years and school students are exempt from presenting proof of a negative test result.

People who are fully vaccinated or have recovered must present a form of proof. Please always carry proof of your vaccination status with you.

All others must present a negative rapid antigen test result no older than 24 hours, an observed self-test result, or a negative PCR test result no older than 48 hours.

## Compulsory face masks

The standard version is a **surgical mask**.

The obligation to wear a face mask no longer applies outdoors. On local public transport and indoors, wearing a face mask is compulsory. There is no such obligation for private premises.

Many people in need are given masks free of charge. Please enquire at your group accommodation facility or at the Sozialbürgerhaus (citizen's social centre).

## Visiting aged care and nursing homes

Visitors must wear a face mask.

A testing requirement applies independent of the current incident rate. The obligation to present proof of a negative test result does not apply to those who are fully vaccinated or have recovered.

It is important to always carry and be able to present proof of vaccination status (vaccination passport, 'Impfpass') or negative test result.

Attending to and supporting the dying is permitted at any time.

## Gastronomy and beer gardens

Gastronomic businesses may open indoor as well as outdoor spaces normally, without compulsory testing for visitors.

The 3G-rule applies to indoor spaces when the 7-day incidence rate is above 35: access only for those who are vaccinated, have recovered, or are tested negative!

In view of the regular testing being performed at schools, school students are considered 'tested'. It is important to always carry and be able to present proof of vaccination status (vaccination passport, 'Impfpass') or negative test result.

## Child care, schools and universities

**Child care:** Child care centres and day care services (Kitas) open normally, provided there is regular testing.

**Schools:** Wearing a mask is no longer compulsory in schools.

However, compulsory testing still applies, as does the minimum social distance of 1.5 meters.

Pupils are being tested regularly. More information is available from your child's school.

Face-to-face teaching continues even if the incidence rate rises above 35.

You can obtain up-to-date information about school operations and current incidence rates on the City of Munich website at

[www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Gesundheit-und-Umwelt/Infektionsschutz/Neuartiges\\_Coronavirus.html#Schule](http://www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Gesundheit-und-Umwelt/Infektionsschutz/Neuartiges_Coronavirus.html#Schule)

The Bavarian State Ministry for Education and Culture offers general information about school operations for 2021/2022 in a range of languages. [www.km.bayern.de/allgemein/meldung/7011/informationen-zum-schuljahr-202021-in-anderen-sprachen.html](http://www.km.bayern.de/allgemein/meldung/7011/informationen-zum-schuljahr-202021-in-anderen-sprachen.html)

Face-to-face teaching is permitted at **universities**. However, compulsory testing and masks apply.

**Music schools** are open.

**Driving schools** are open.

Digital teaching services on the internet are possible.

The Munich adult education institute (Volkshochschule) is offering in-person classes again.

## Events and leisure activities

The 3G-rule applies to indoor spaces when the 7-day incidence rate is above 35: access only for those who are vaccinated, have recovered, or are tested negative!

In view of the regular testing being performed at schools, school students are considered 'tested'.

- **Religious services:** These are permitted for all religions. If the 3G-rule cannot be applied (access only for those who are vaccinated, have recovered, or are tested negative): Maintain a distance of at least 1.5 meters from other people. Wear a face mask, even when seated!
- **Cultural events:** The 3G-rule does not apply to outdoor events attended by fewer than 1,000 persons. For events attended by more than 1,000, the 3G-rule applies indoors as well as outdoors, irrespective of the incidence rate. Only those who are vaccinated, have recovered, or are tested negative may attend.
- **Cultural institutions:** The 3G-rule applies to museums, theatres, concert halls, stage venues, cinemas, memorial sites, archives and libraries when the 7-day incidence rate is above 35.
- **Leisure facilities:** All facilities have reopened. The 3G-rule applies to all enclosed spaces.
- **Sports venues:** Recreational sports are permitted outdoors without group size limitations or compulsory testing.
- **Outdoor events:** If the 3G-rule is observed, sports events and other mass gatherings are possible outdoors with attendances of up to 25,000 people.
- **Local public transport:** Face masks are compulsory, but the 3G-rule does not apply.
- **Tourism:** Overnight accommodation services for touristic reasons have resumed in Munich. The 3G-rule applies at check-in and for the following 72 hours. Touristic city sightseeing and guided tours are permitted.
- **Nightclubs, discos, and brothels:** The 3G-rule also applies to nightclubs, discos, and brothels. However, a current negative PCR test result is required. A rapid test result is insufficient.



- **Trade fairs:** The 3G-rule and compulsory face masks apply to visitors.
- **Conferences and meetings:** These may be held with up to 5,000 participants if a health protection and hygiene plan is observed.

Further information is available from the Bavarian Ministry for the Interior.

[www.corona-katastrophenschutz.bayern.de](http://www.corona-katastrophenschutz.bayern.de)

## Shops and services

Shops open normally. Face masks are compulsory.

Personal and body care services, such as hair-dressing, massage, and nail salons, have also reopened. The 3G-rule applies.

The offices of **Munich City Council** are accessible again. You must always wear a mask on City Council premises. Maintain a distance of at least 1.5 meters from other people.

Crowding should be avoided on Council premises to protect from infection.



With the corona alert app (Corona-Warn-App), you can be informed anonymously and quickly if you have been in the vicinity of an infected person.

The app is available for download free of charge from the app store or from Google Play.

# Testing options/contact with infected persons

What you need to know about coronavirus testing in the **City of Munich**:

**Coronavirus testing** is available in medical practices. Persons with symptoms (signs of illness) such as fever, cough, or shortness of breath can obtain testing at their doctor's practice.

Please call ahead of attending your doctor's practice!

Don't forget your FFP2 mask and your health insurance card!

## If the coronavirus warning app

(**Corona-Warn-App**) shows 'elevated risk' in red, please make an appointment at your doctor's practice by telephone.

**The State Capital of Munich Testing Centre** on Theresienwiese offers coronavirus testing, whereby you can attend in your own passenger vehicle without leaving the car ('drive through').

Bring a mask (FFP2), and your health insurance card if you have one.

Please only attend the testing centre after having made an appointment ahead of time. The appointment time will be confirmed by SMS and email. Please register on the internet with your mobile telephone number and your personal email address. [www.corona-testung.de](http://www.corona-testung.de)

The following groups can obtain tests there free of charge:

- University students (until 30.11. only)
- Visitors to and personnel of care facilities, facilities for people with disabilities, and domiciliary care services. However, they must have confirmation from the facility to access free testing.
- Children displaying minor symptoms (the 'sniffles') at child care facilities
- Persons who have received a warning on their coronavirus warning app (Corona-Warn-App), and their close contacts.

**Rapid testing:** Rapid coronavirus tests available at pharmacies and private testing centres now attract a fee, they are no longer available free of charge. However, exceptions apply. Details (in German) are available online at:

[www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Gesundheit-und-Umwelt/Infektionsschutz/Neuartiges\\_Coronavirus.html#Testmuenchen](http://www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Gesundheit-und-Umwelt/Infektionsschutz/Neuartiges_Coronavirus.html#Testmuenchen)

To find out where you can get a rapid test, go to: [www.testen-muenchen.de](http://www.testen-muenchen.de)

## Rules applicable in case of a positive test result

If you receive a positive test result, you must isolate immediately (quarantine) and undergo a PCR test. Please make a testing appointment without delay and inform the public health authority (Gesundheitsamt).

Quarantine lasts for 14 days and ends only with submission of a negative PCR test result. If this test result is positive, you must inform the public health authority (Gesundheitsamt) immediately:

Ph. 089 233 96333

Email: [infektionsschutz.gsr@muenchen.de](mailto:infektionsschutz.gsr@muenchen.de)

If you have been vaccinated and still return a positive test result, quarantine generally lasts for 5 days. Quarantine ends if, after 5 days, the test comes back negative.

Please inform your family, close co-workers, and other people with whom you had contact about your infection.

Contacts of infected persons are asked to make a testing appointment with the Theresienwiese coronavirus testing centre immediately.

Contacts who have not yet been vaccinated, and who have not yet had the illness, are asked to contact the public health authority (Gesundheitsamt).

Ph.: 089 233 96 333 or

Email: [infektionsschutz.gsr@muenchen.de](mailto:infektionsschutz.gsr@muenchen.de).

Quarantine provisions for contacts who are unvaccinated, and who have not yet had the illness:

- 10 days of home quarantine without testing at the end of the period
- 7 days with rapid test at the end of the period (performed by professional personnel, no self-testing!)
- 5 days with PCR test



# Travel regulations

Please comply with all regulations and obligations when you enter Germany from a high-risk area or an area with coronavirus variants:

**You can find a list of high-risk areas on the internet.** [www.rki.de/DE/Content/InfAZ/N/Neuartiges\\_Coronavirus/Risikogebiete\\_neu.html](http://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete_neu.html)

- Since the 1st of August 2021, all persons 12 years or older entering Germany must be able to present proof of a **current negative test result**, unless they can prove they are vaccinated or have recovered from COVID-19.

To date, the testing requirement only applied to persons entering Germany by airplane. It now also applies to train, bus and boat travel, as well as to individual transport, including by car.

- If you enter Germany from a **high-risk area**, you must complete an arrivals form on the internet before arrival in Germany. You then receive a confirmation document (PDF). You can fill in the arrivals form online. [www.einreiseanmeldung.de/#/register](http://www.einreiseanmeldung.de/#/register)
- The following continues to apply: If you are returning from a high-risk area, you must stay in home quarantine for 10 days. Quarantine only ends when you are able to provide proof of a negative test result at the end of the fifth day. Even if you are vaccinated or have recovered, you must present a current negative test result and complete the arrivals form. Only then does the 5-day quarantine period end. Please send your proof of negative test result by email to: [corona-einreisende.gsr@muenchen.de](mailto:corona-einreisende.gsr@muenchen.de) If you have spent time in a **high-risk or high incidence area**, please send your proof of test result by email to: [corona-einreisende.gsr@muenchen.de](mailto:corona-einreisende.gsr@muenchen.de)

- If you have arrived from a **virus variant area**, you must immediately enter home quarantine for 14 days. The quarantine period cannot be shortened.

If you have entered Germany from a virus variant area, please send your proof of test result by email to [virusvarianten-gebiete.gsr@muenchen.de](mailto:virusvarianten-gebiete.gsr@muenchen.de)

- Exceptions to compulsory quarantine apply in certain cases. The Federal Department of Health provides information on this in many languages. [www.bundesgesundheitsministerium.de/coronavirus-infos-reisende/merkblatt-dea.html](http://www.bundesgesundheitsministerium.de/coronavirus-infos-reisende/merkblatt-dea.html)

Further information is available from the Robert Koch Institute (RKI).

[www.rki.de/DE/Content/InfAZ/N/Neuartiges\\_Coronavirus/Risikogebiete\\_neu.html](http://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete_neu.html)

## Local cross-border traffic ('Kleiner Grenzverkehr')

Compulsory quarantine does not apply to people who have stayed in a high-risk area for less than 24 hours, or who are entering to stay in Germany for less than 24 hours.

However, those who have stayed in a virus variant area within the last 10 days before entering Germany must go into quarantine.

## Rules for fully vaccinated persons

Persons who have been fully vaccinated with a vaccine approved for use in the European Union, and who can provide proof of their vaccination status in German, English or French, are exempted from compulsory quarantine after having spent time in a risk area.

The same applies to persons who have verifiably been infected or have been ill with SARS-CoV-2 (shown by positive PCR test) and have recovered fully. The positive PCR test is valid as proof from 28 days to 6 months after the test date. Only one dose of vaccination is required afterwards in order to be considered fully vaccinated.

This exception only applies if and insofar as the affected person does not show any symptoms indicating SARS-CoV-2 infection, and is always carrying proof of their vaccination status.

This exception for vaccinated persons does **not** apply after having spent time in a virus variant area.

# Vaccination in Munich

Vaccination is voluntary and free of charge.

There are many opportunities to get vaccinated in Munich: at the Riem and Theresienwiese vaccination centres, as part of public vaccination drives, at GP practices, paediatric practices, and through occupational physicians.

Please bring a valid ID card (Personalausweis) or passport with you when you come to be vaccinated. If you have one, please also bring your yellow vaccination passport.

If you are suffering from another illness, please also bring any documentation you have from your doctor with you.

All persons from the age of 12 years who are residing in Germany can be vaccinated with the approved vaccines. To be vaccinated, adolescents under the age of 15 years must be accompanied by a parent.

Two doses are required for the BioNTech, Moderna and AstraZeneca vaccines, both of which can be administered at the vaccination centre and at the sites of all public vaccination drives.

However, you must adhere to a waiting period after the first dose:

- **BioNTech** 3 weeks
- **Moderna** 4 weeks
- **AstraZeneca mixed doses vaccination** with an mRNA vaccine 4 weeks

You must bring proof of your first vaccination dose (yellow vaccination passport or vaccination certificate) when you come to receive your second dose.

You can also be vaccinated with **Johnson & Johnson**. Only one dose is required for this vaccine. The Johnson & Johnson vaccine has been approved for persons from the age of 18 years only.

## Vaccination at the Riem and Theresienwiese vaccination centres

**Riem vaccination centre:** Sunday to Tuesday from 9 am to 5:45 pm, and Wednesdays from 9 am to 9 pm

**Theresienwiese vaccination centre:** Monday to Friday from 9 am to 5 pm, Saturdays and Sundays from 11 am to 5 pm

You can also attend these vaccination centres without an appointment.

However, the process will be faster with prior registration: <https://impfzentren.bayern/citizen/> Please ask someone who knows German well to help you with registering online.

You can also obtain an appointment by telephone: 089 90429 2222

## Family vaccinations at the vaccination centre

The Riem vaccination centre offers family vaccinations daily between 9 am and 5:45 pm. This service is for children and adolescents from the age of 12 years and their parents. You will receive comprehensive medical advice. Making an appointment ahead of time is not necessary.

## How do I get to the Riem vaccination centre?

The vaccination centre is located in Hall C3 at the Messe München exhibition centre, Paul-Henri-Spaak-Straße (northern access, Gate 17).

You can reach it as follows:

- By car: Motorway A 94, exit 5 'München-Riem', follow the 'Impfzentrum' signs via Paul-Henri-Spaak-Straße to 'Messe-Eingang Nord' (access through Gate 17). Sufficient car parking spaces are available.
- By public transport: U-Bahn line U2 to either 'Messestadt West' or 'Messestadt Ost' stations. From there, you can use the free MVG shuttle bus service (Sonderlinie 99) to the vaccination centre. This service is available daily between 7:30 am and 7:30 pm and runs every 6 to 7 minutes. You can find more timetable information on the internet at [www.mvg.de](http://www.mvg.de)

## Public vaccination drives across the city

Vaccination is offered at sites all over the city. Vaccination is free of charge. You do not need an appointment. Just come by. All persons from the age of 16 years who are residing in Germany can be vaccinated.

Please make sure you bring a valid ID card (Personalausweis) or passport with you when you come to be vaccinated. It is expected that all approved vaccines will be available. After being vaccinated, you will receive a vaccination certificate with the QR code for the digital vaccination passport on your smartphone.

You can find all locations and opening times at [www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Gesundheit-und-Umwelt/Infektionsschutz/Neuartiges\\_Coronavirus.html#Termine](http://www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Gesundheit-und-Umwelt/Infektionsschutz/Neuartiges_Coronavirus.html#Termine)

## Digital proof of vaccination

Directly after vaccination, the Munich vaccination centre will issue a digital vaccination certificate. The digital vaccination certificates are printed in the form of a QR code and handed out at the vaccination centre.

The QR code is scanned into the Corona-Warn-App or the CovPass app using your smartphone.

Persons who have previously been fully vaccinated at the vaccination centre can download their digital vaccination certificate via their account with the Bavarian vaccination centre, and then scan the QR code using the Corona-Warn-App or the CovPass app. [impfzentren.bayern](http://impfzentren.bayern)

Alternatively, those who are fully vaccinated can also obtain their digital vaccination certificate at pharmacies. You can obtain it free of charge by presenting your yellow vaccination passport or the paper vaccination certificate issued by vaccination centres.

The pharmacies' website provides an overview of pharmacies that issue digital vaccination certificates. [www.mein-apotheke.com](http://www.mein-apotheke.com)

Apart from the digital vaccination passport or the paper certificate issued by the vaccination centre, the classic yellow vaccination passport of course also remains a valid form of proof of coronavirus vaccination.

More information is available at: [digitaler-impfnachweis-app.de](http://digitaler-impfnachweis-app.de)

## Germany-wide vaccination information

Current information on COVID-19 vaccination with an mRNA vaccine is available in many languages from the Robert Koch Institute (RKI): [www.rki.de/DE/Content/Infekt/Impfen/Materialien/COVID-19-Aufklaerungsbogen-Tab.html](http://www.rki.de/DE/Content/Infekt/Impfen/Materialien/COVID-19-Aufklaerungsbogen-Tab.html)

The **State Ministry for Health and Care Services** provides information on the Bavarian vaccination strategy:

[www.stmgp.bayern.de/coronavirus/haeufig-gestellte-fragen/#Schnellsuche](http://www.stmgp.bayern.de/coronavirus/haeufig-gestellte-fragen/#Schnellsuche)

The **Federal Commissioner for Migration, Refugees and Integration** provides information on the coronavirus and protective vaccination in 22 languages:

[www.integrationsbeauftragte.de/ib-de/staatsministerin/corona](http://www.integrationsbeauftragte.de/ib-de/staatsministerin/corona)

The 'aidminutes.rescue (COVID-19)' app provides information about vaccination in 35 languages via digital interpretation. This app is available free of charge in the app store and on Google Play:

<https://apps.apple.com/de/app/aidminutes-rescue-covid-19/id1507581865>

<https://play.google.com/store/apps/details?id=com.aidminutes.rescue.covid19>



# Information and support services

## Coronavirus information

### Das Gesundheitsamt München (Munich Public Health Authority)

Online information in many languages:  
[muenchen.de/corona](https://muenchen.de/corona)

### Munich City Corona Hotline (Servicehotline Corona der Stadt München)

Information over the telephone: 089 23396333

### COVID Alliance – Multilingual Online Information

Coronavirus information with downloads and pocket guides for smartphones in over 30 languages.  
Website: [www.COVID-Information.org](https://www.COVID-Information.org)

### Ethno-Medical Centre Inc. (Ethno-Medizinisches Zentrum e.V.)

Tips against stress in the family in times of corona, available in 26 languages at  
<https://mimi-gegen-gewalt.info-data.info/>

### Federal Centre for Health Education (BZgA)

Information about coronavirus and COVID-19 disease in many languages. Website:  
[infektionsschutz.de/coronavirus/materialienmedien/informationen-in-anderen-sprachen.html](https://infektionsschutz.de/coronavirus/materialienmedien/informationen-in-anderen-sprachen.html)

## Support services

### Krisendienst Psychiatrie Oberbayern (Upper Bavarian Psychiatric Crisis Service)

Help with mental problems for those affected and their relatives. Charges are no more than 0.60 euro per call. Available 24 hours. Ph. 0180 6553000

### Isar-Amper-Klinikum, Klinikum München Ost

For people who have to attend a psychiatric hospital. Appointments by telephone: 089 45620  
Website: [kbo-iaak.de/index.php?fs=0](https://kbo-iaak.de/index.php?fs=0)

### Telefonseelsorge (Pastoral Care Line)

Worries, problems or suicidal thoughts? The people on the pastoral care line will listen to you.  
Ph. 800 1110111 or 0800 1110222.

You can also write an email or use the online chat.  
Register on the internet: [online.telefonseelsorge.de](https://online.telefonseelsorge.de)  
Information on counselling in other languages:  
[telefonseelsorge.de/international-helplines/](https://telefonseelsorge.de/international-helplines/)

### Münchner Insel

Crisis and life counselling over the telephone in German and English, anonymously if desired.  
Counselling by video link available from mid-January 2021. Face-to-face counselling sessions available in urgent cases and by appointment.  
Ph. 089 220041 or 089 21021848

### Hilfetelefon Gewalt gegen Frauen (Violence Against Women Helpline)

Assistance for women regarding problems with violence. Female counsellors also assist with finding a women's shelter. Free and anonymous counselling in 17 languages. Available 24 hours.  
Ph. 08000 116016  
Website: [hilfetelefon.de/das-hilfetelefon.html](https://hilfetelefon.de/das-hilfetelefon.html)

### Trauma Hilfe Zentrum München e.V. (Trauma Assistance Centre Munich Inc., THZM)

Helps when terrible things happen. Courses teach how to better cope with the terrible experience.  
Register online:  
[thzm.de/ressourcenorientierte-stabilisierungsgruppen/](https://thzm.de/ressourcenorientierte-stabilisierungsgruppen/)

### Refugio München

Assistance for children, adolescents and adults who had to flee their country of origin. Services: psychotherapy, assistance with asylum claims, and referral to language courses. Assistance with looking for work, study, or housing. Ph. 089 982957 0  
Website: [www.refugio-muenchen.de](https://www.refugio-muenchen.de)

### Psychologischer Dienst der Caritas für Ausländer (Caritas Psychological Service for Foreigners)

Free, native language counselling for migrants from Italy, Greece, Spain, Portugal, Latin America, Croatia, Serbia, Bosnia, Russia and Turkey. Services regarding issues of parenting, partnerships, separation and divorce. Also, socio-psychiatric care and life counselling. Counselling available by telephone or online. Ph. 089 2311490  
Email: [pds@caritasmuenchen.de](mailto:pds@caritasmuenchen.de)

**Psychologischer Dienst der Arbeiterwohlfahrt München (AWO) (Psychological Service of the Worker's Welfare Organisation Munich)**

Free psychotherapeutic counselling in Bosnian, Croatian, Serbian and Turkish. Individual and group counselling on issues regarding parenting, marriage, family and personal crisis situations. Information about services and multilingual brochures:  
Email: [psych.migration@awo-muenchen.de](mailto:psych.migration@awo-muenchen.de)  
Website: [awo-muenchen.de/migration/psychologischer-dienst](http://awo-muenchen.de/migration/psychologischer-dienst)

**Donna Mobile**

Counselling for women, families, children and adolescents on issues regarding migrant health and employment (also by telephone):

- Social work counselling in German and Turkish.
- Psychological Counselling, e.g. individual, couples' and family therapy in German, Polish, Hungarian, Russian, Spanish, Greek, Bulgarian, Italian, and English.
- Medical advice in German and Turkish.

Ph. 089 505005, Website: [donnamobile.org](http://donnamobile.org)

**Ärzte der Welt e. V. (Doctors of the World Inc.) – open.med**

Medical assistance and social counselling for people without health insurance. Appointments by telephone from 9:30am to 5pm

Ph. 0177 5116965

Website: [aerztederwelt.org/wem-wir-beistehen/hilfe-fuer-patientinnen](http://aerztederwelt.org/wem-wir-beistehen/hilfe-fuer-patientinnen)

Locations:

- Dachauer Str. 161, 80636 München
- Treatment bus at Main Train Station, North Entrance, Arnulfstraße 1–3, 80335 München
- Bayernkaserne, Haus 12, Heidemannstr. 50, 80939 München

**Malteser Hilfsdienst/Malteser Medizin für Menschen ohne Krankenversicherung (Malteser Assistance Service/Malteser Medical Service for People without Health Insurance)**

Provides people without health insurance with treatment by doctors or medical professionals. For example in emergencies, for injuries, during pregnancy. Available are paediatricians, dentists, GPs and a women's clinic.

Please make an appointment: Ph. 089 43608411  
Address: Streitfeldstr. 1, 81673 München  
[malteser.de/fileadmin/Files\\_sites/Fachbereiche/Migranten-Medizin/Downloads/Flyer MMM.pdf](http://malteser.de/fileadmin/Files_sites/Fachbereiche/Migranten-Medizin/Downloads/Flyer MMM.pdf)

**Refugee Stairway Center (Diakonie München und Oberbayern)**

Assistance with accessing integration services such as contact with authorities, reception centres, and group accommodation facilities.

Appointments: Ph. 089 1269915102

Email: [rsc@im-muenchen.de](mailto:rsc@im-muenchen.de)

**Migrationsambulanz (Outpatient Migration Services, LMU), Klinik für Psychiatrie und Psychotherapie der Universität München (Munich University Psychiatric and Psychotherapeutic Hospital)**

Assistance for people with a migration background and mental health issues or psychiatric illness. Counselling available in several languages. Treatment for:

- Depression, manias, psychoses
- Post-Traumatic Stress Disorder
- Adjustment disorders and anxiety
- Addictions

Appointments: Ph. 089 440053307

Email:

[Migrationsambulanz.LMU@med.uni-muenchen.de](mailto:Migrationsambulanz.LMU@med.uni-muenchen.de)

Address: Nussbaumstraße 7, 80336 München

**IN VIA KOFIZA**

Services, activities, events and assistance with public authorities. For women migrants 18 years and older from Africa, Asia, Europe and Latin America. Counselling for all women – independent of nationality, religion, and language.

Ph. 089 5488895 0

Email: [kofiza@invia-muenchen.de](mailto:kofiza@invia-muenchen.de)

**Sozialdienst katholischer Frauen (Catholic Womens' Social Service, SkF)**

Support and Counselling for women in emergency situations, counselling for (underage) pregnant women, young families, mother-child-shelters, and accommodation for homeless women.

Ph. 089 55981-0

Website: [skf-muenchen.de/](http://skf-muenchen.de/)

**Katholischer Männerfürsorgeverein e. V. (Catholic Men's Support Association Inc., KMFV)**

Assistance and personal counselling in case of homelessness, addiction, delinquency, and unemployment.

Website: [kmfv.de/einrichtungen-und-dienste/einrichtungssuche/index.html](http://kmfv.de/einrichtungen-und-dienste/einrichtungssuche/index.html)

**DIE ARCHE – Beratung für Suizidgefährdete  
(THE ARK – Suicide Risk Counselling)**

Counselling for adolescents and adults who are no longer coping with life, no longer want to live. ARCHE counsellors assist people with suicidal thoughts and their relatives.

Appointments: Ph. 089 334041

Website: [die-arche.de/](http://die-arche.de/)

**Suchthotline – Telefonberatung  
zu Suchtproblemen (Addiction Hotline –  
Telephone Addiction Counselling)**

Counselling in case of addiction, e.g. alcoholism. For those affected and their relatives in German, English, French, Spanish, and Italian. Telephone and email counselling. Ph. 089 282822,

Email: [kontakt@suchthotline.info](mailto:kontakt@suchthotline.info)

Website: [suchthotline.info](http://suchthotline.info)

**BZgA – Telefonberatung zur psychischen  
Gesundheit  
(mental health telephone counselling)**

Free counselling on mental health problems. Monday to Thursday, 10am to 10pm. Friday to Sunday, 10am to 6pm.

Ph. 0800 2322783

Website: [infektionsschutz.de/coronavirus/  
psychische-gesundheit.html](http://infektionsschutz.de/coronavirus/psychische-gesundheit.html)

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