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## Counselling and help

### Advice and Help / General

#### Social community centres

#### Community centres

There are 12 social community centres in Munich. We support all adults, young people and children. For example, we help with these emergency situations:

- We help if you can't pay your rent.
- We help if you have debts.
- We help if you have a disability and need support.
- We help if you have problems in your family.
- We help if you don't have a job.
- We help if you are ill and have problems.
- We help if you are old and have problems.
- We help if you are desperate and don't know what to do next.

This is how we help you:

- We inform and advise you.
- We support you and show you where you can get help.
- We take care of your protection in the event of violence, endangerment and neglect.
- If you wish, we can also come to your home.

Our help is open to all people, regardless of gender, cultural or social background, age, religion, ideology, disability and sexual or gender identity.


The service is free of charge.


All community centres have a barrier-free entrance.

 [Website](#)

Opening hours:

 Monday, Tuesday, Wednesday, Thursday from 8:00 to 16:00

 Friday from 08:00 to 12:00

Which Sozialbürgerhaus (SBH) is the right one for you depends on where you live. If you do not know which SBH is the right one for you, enter your address [here](#): .

[Berg am Laim, Trudering, Riem](#)

[Schwanthalerhöhe, Laim](#)

[Altstadt, Lehel, Ludwigsvorstadt, Isarvorstadt, Maxvorstadt](#)

[Neuhausen, Nymphenburg, Moosach](#)

[Milbertshofen, Am Hart, Feldmoching, Hasenberg](#)

[Pasing, Obermenzing, Aubing, Lochhausen, Langwied, Allach, Untermenzing](#)

[Thalkirchen, Obersendling, Forstenried, Fürstenried, Solln, Hadern](#)

[Schwabing-West, Schwabing-Freimann](#)

[Au, Haidhausen, Bogenhausen](#)

[Sendling, Sendling-Westpark](#)

[Ramersdorf, Perlach](#)

[Obergiesing, Fasangarten, Untergiesing, Harlaching](#)

**This text contains information on the following search terms:**

**Bürgergeld (SGB II) to secure your livelihood financially, benefits for education and participation (BuT), placement in training and work, over-indebtedness, family conflicts, partner conflicts, raising children and young people, separation, divorce, custody, housing problems, imminent homelessness, care**

**Support in cases of discrimination, racism and right-wing violence**

## **BEFORE - Help with discrimination, racism and right-wing violence**

We advise people who have experienced right-wing, racist and misanthropic violence. The reasons can be manifold: Origin, gender, religion, disability, age, social status, sexual identity or anti-racist commitment.

We can meet at our centre or at another location of your choice.

We provide counselling anonymously and independently of the police and courts.

As the person affected, you are at the centre of our attention. We help you make decisions and provide information on legal options. We support you in coping with the consequences of an assault and dealing with unequal treatment.

 [Find out more](#)

Who for: For victims and their social environment. And for people who can testify to an incident.


 It is possible to do the counselling with the help of interpreters.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

Please make an appointment.

BEFORE München  
Mathildenstraße 3c  
80336 München  
 [089/46224670](tel:08946224670)  
[@kontakt@before-muenchen.de](mailto:@kontakt@before-muenchen.de)

**This text contains information on the following search terms:  
human rights, LGBTIQ, racial profiling, gender, antisemitism, antiziganism**

## Help with social / financial hardship

### Help with social / financial hardship

Everyone has the right to get help. The Social Department helps people in Munich who are in need because they do not have enough money. Social Law Book 12 regulates what help is available and who can receive it. The abbreviation is SGB 12 or SGB XII.

To receive social assistance, you must submit an application. They will then check how much money, income or assets you have. Once everything has been calculated, you will receive a letter. It will tell you how much money you will receive and how it was calculated. The money will help you to pay for things like food, toiletries, clothing, furniture, education, health insurance, electricity or housing.

You can find more information in this  [brochure](#).

### Who does not receive social assistance?

- If you have too much money.
- If you can work but don't have a job at the moment or earn too little. Then the [job centre](#) is responsible for you.
- If you don't have a flat. Then the [homelessness assistance](#) centre can help.

### Who gets social welfare?

- You can no longer work because you are too old or ill.
- You can no longer pay your rent.
- You don't have enough money for food.

### How much money can I get?

That depends on your situation. For example, your age or whether you live alone or with a family. Some people need more than others, for example because they are pregnant or ill. The amount of money you need is calculated individually.

### Where can I apply?

 At a [social welfare centre \(SBH\)](#).

## What documents do I need?

- Your identity card
- Your severely disabled person's ID card, if you have one
- Your tenancy agreement and, if you have one, the letter stating when your rent was last increased
- Documents about your income, e.g. payslip, pension statement
- Documents about your assets, such as savings balances, car documents, building society savings contracts, life insurance policies, house ownership, property ownership
- Bank statements from the last 3 months
- Documents showing whether you need care, for example a written notification from the care insurance fund

## Debt counselling

### Debt counselling

We advise people who have debts. The counselling is confidential. This means that we are not allowed to tell anyone about the counselling session. We cannot give you money or loans. But we can help you:

- negotiate with creditors
- in reviewing the claims that exist against you
- in the preparation and implementation of insolvency proceedings
- with budget planning
- in arranging household support
- in the event of seizure measures by creditors

Only with your reliable, honest and active co-operation can we support you in resolving your debt situation.

This service is free of charge.

☎ If you let us know in advance, we can organise a person who can translate. This will not incur any costs for you.

The service is free of charge.

You can find us in the [social community centres \(SBH\)](#). To find out which SBH is responsible for you, enter your address 📍 in [the search field](#).

Please make an appointment with us: "Städtische Schuldner- und Insolvenzberatungsstelle"

If you have any questions:

☎ [089/23324353](tel:08923324353)

@[schuldnerberatung.soz@muenchen.de](mailto:schuldnerberatung.soz@muenchen.de)

**This text contains information on the following search terms:**

**Private insolvency, bailiff, dunning notice, enforcement order, debt collection,**

**insolvency, asset information, P-account, bankruptcy, wage garnishment, account garnishment, instalment payment, Schufa, foreclosure, dunning court, enforcement court, insolvency court**

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## Debt counselling for young people

We offer an open consultation hour every Thursday from 16:00.


Who for: Young people up to the age of 26 who have problems with money or debts.

In the first consultation, we clarify the individual situation and give tips on how to deal with money and reduce debt. Further appointments can then be arranged.

We recommend arriving early.

There is barrier-free access to the building and the rooms.


The service is free of charge.

 Jugendinformationszentrum (JIZ), Sendlinger Straße 7, 80331 München


 [089/55052150](tel:08955052150)

 [info@jiz-muenchen.de](mailto:info@jiz-muenchen.de)


 <http://www.jiz-muenchen.de>

 Thursday 16:00 - 18:00

If you don't have time on Thursday, you can go here:

 Jugendschuldnerberatung AWO/DGB, Neumarkter Straße 22, 81673 München

 [schuldnerberatung@awo-muenchen.de](mailto:schuldnerberatung@awo-muenchen.de)

 [089/51556450](tel:08951556450) (on Tuesday from 15:00 to 16:00; on Thursday from 11:00 to 12:00)

**This text contains information on the following search terms  
finances, loans, reminders, dunning procedure, youth counselling**

## Forms service - help with filling out forms and applications

### Forms service

We can help you fill out forms and applications.


The service is free of charge.

Please make an appointment by telephone or e-mail.

If you have any questions about accessibility on site, please contact the relevant centre directly.

### Centre

**[BRK Ausfüllhilfe](#)**

 Goethestr.53, 80336 München (Room 010)

🗣️ German, English, French  
🕒 On Wednesday 15:30 - 17:30  
☎️ [089/23737420](tel:08923737420)  
✉️ [@Helmut.lehner@brk-muenchen.de](mailto:Helmut.lehner@brk-muenchen.de)

### **Migration and Labour Information Centre**

Only for citizens of the EU.  
📍 Sonnenstraße 12a, 80331 München  
🕒 From Monday to Thursday 09:00 - 16:00  
☎️ [089/5139985](tel:0895139985)  
✉️ [@arbeitsmigration@awo-muenchen.de](mailto:arbeitsmigration@awo-muenchen.de)

## **Berg am Laim / Ramersdorf-Perlach**

### **AKA - Aktiv für interKulturellen Austausch e.V.**

📍 Bad-Schachener-Str. 2 a, 81671 München  
🗣️ German and English  
🕒 Monday 09:00 - 12:00  
🕒 every fortnight Wednesday 17:00 - 20:00  
☎️ [0178/3360951](tel:01783360951)  
☎️ [089/189495718](tel:089189495718)  
✉️ [@info@aka-muenchen.de](mailto:info@aka-muenchen.de)

## **Freimann**

### **Pontis Freimann**

📍 Lindberghstraße 30, 80939 München  
🗣️ Arabic, Greek, Kurdish, Russian, Turkish, Ukrainian  
🕒 Monday to Thursday 10:00 - 15:00 and by appointment  
☎️ [089/452235181](tel:089452235181)  
✉️ [@pontis-freimann@diakonie-hasenberggl.de](mailto:pontis-freimann@diakonie-hasenberggl.de)

## **Haidhausen**

### **AKA - Aktiv für interKulturellen Austausch e.V.**

📍 Rosenheimer Str. 135, 81667 München  
🗣️ German, Turkish  
🕒 Tuesday 16:00 - 19:00  
☎️ [089/484542](tel:089484542)  
☎️ [089/189495718](tel:089189495718)  
✉️ [@info@aka-muenchen.de](mailto:info@aka-muenchen.de)

## **Hasenberggl**

### **Pontis Hasenberggl**

📍 Walter-Sedlmayr-Platz 9, 80995 München  
🗣️ Arabic, English, Greek, Russian, Turkish, Urdu  
🕒 From Monday to Friday 08:00 - 14:00  
☎️ [089/452235191](tel:089452235191)  
✉️ [@pontis@diakonie-hasenberggl.de](mailto:pontis@diakonie-hasenberggl.de)

**Diakonie Hasenberg**

📍 Schneeheideanger 8, 80937 München

🗣️ German

☎️ [089/452235571](tel:089452235571)

@ [info@diakonie-hasenberg.de](mailto:info@diakonie-hasenberg.de)

**Pasing****Pontis Pasing**

📍 Landsberger Str. 478, 81241 München

🗣️ Arabic, Bulgarian, English, French, Italian, Kurdish, Spanish

🕒 From Monday to Thursday 09:30 - 14:00

🕒 Friday 09:30 - 13:00

☎️ [089/452235185](tel:089452235185)

@ [pontis-pasing@diakonie-hasenberg.de](mailto:pontis-pasing@diakonie-hasenberg.de)

**Am Westkreuz****Kinderschutz München**

📍 Ute-Strittmatter-Str 30, 81248 München

🗣️ German, English, Turkish, Bulgarian, Arabic, French, Farsi, Dari, Pashto, Polish, Kurdish

🕒 From Monday to Thursday 09:00 - 10:00

🕒 Friday 09:00 - 10:00

☎️ [089/2317167963](tel:0892317167963)

☎️ [015221001730](tel:015221001730)

@ [nbt-freiham@kinderschutz.de](mailto:nbt-freiham@kinderschutz.de)

**This text contains information on the following search terms:  
form help, form filling help**

**Counselling for people without papers****Counselling for people with unsecured residence status**

We accompany you to the authorities and help you to apply for tolerated stay or residence on humanitarian grounds. We also have psychiatric reports drawn up if this is necessary for an application. We provide pregnant women with medical and legal support until the birth of their child and afterwards.

Who for: People without residence papers

Access to the building and the rooms is barrier-free.

The service is free of charge.

Café 104

Dachauer Straße 161


80636 München

☎️ [089/45207656](tel:08945207656)

@ [cafe104@live.de](mailto:cafe104@live.de)

🌐 [www.cafe104.de](http://www.cafe104.de)



 On Tuesday from 17:00 to 20:00 and on Friday from 10:00 to 13:00

**This text contains information on the following search terms:  
illegality, sans-papiers, residence status, unsecured residence**

## Advice and Help / Integration

**Counselling on German courses, school, work, training (IBZ - Sprache und Beruf)**

### **Advice on German courses, school, work, training (IBZ - Sprache und Beruf)**

Do you have questions about learning German, school or work? Do you need support and guidance for your education and career? We will inform and advise you. We will discuss your educational path together and support you:


- German course / integration course: We will help you find the right course and tell you when and where the course will take place. We will find out whether the costs of the course can be covered.
- School: We support you in your search for a suitable school.
- Training: We will advise you on the various training options available.
- Vocational qualification programmes: We provide you with information about further vocational training.
- Work: We support you in your job search.
- Internship: We support you in finding an internship.
- Career or studies from your country of origin: We provide advice on the recognition of foreign school-leaving qualifications and the first steps towards recognition of professional and academic qualifications.
- Search for other advice centres: We are well networked and know the right people to contact.

Who for: For people with migration or refugee experience aged 16 and over.

The programme is free of charge.


Children can be brought along.

### **Office for Housing and Migration**




 Arabic, Farsi, Dari, Kurdish (Sorani), Uyghur, Bassa, Duala, Swahili, Romanian, Russian, Ukrainian, Chinese, Portuguese, Italian, Spanish, English, French, Catalan, Turkish, Dutch

If you make an appointment, we can organise interpreters for other languages. You can also come to the open consultation hours without an appointment. These are:

 Monday and Wednesday 09:30 - 12:30

 Thursday 13:30 - 16:30

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Landeshauptstadt München  
Amt für Wohnen und Migration  
Franziskanerstraße 8  
81669 München  
 [089/23340622](tel:089/23340622)  
 [@ibz-sprache.soz@muenchen.de](mailto:@ibz-sprache.soz@muenchen.de)  
 [Website](#)

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## JiBB

Counselling at [JiBB](#) is aimed at young people aged 16 to 25.

 We can also organise interpreters.

 Monday to Friday 09:00 - 12:00


There is barrier-free access to the building and the rooms. There is a disabled toilet.

JiBB  
Kapuzinerstraße 30  
80337 München  
The entrance is located at Kapuzinerstraße 26.  
 [@ibz-sprache.soz@muenchen.de](mailto:@ibz-sprache.soz@muenchen.de)

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## Bellevue di Monaco

You don't need to register, just drop by:

 Wednesday 16:00 - 18:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Bellevue di Monaco  
Müllerstraße 6  
80469 München  
 [089/23340622](tel:089/23340622)  
 [@ibz-sprache.soz@muenchen.de](mailto:@ibz-sprache.soz@muenchen.de)  
 [Website](#)

**This text contains information on the following terms:  
labour market integration, job, employment, schooling**

**Migration counselling for adults (MBE)**

**Migration counselling for adults (MBE)**

Have you only recently arrived in Germany?  
Do you need help with orientation?  
Have you been here for some time but still feel unsure and unfamiliar?

Are you 27 years old or older?  
Then you've come to the right place.

The **Migration Counselling Service for Adult Immigrants (MBE)** accompanies, informs and supports migrants as they settle into their new living environment:

- If you are looking for a [vocational German course](#).
- If you are looking for an integration course.
- If you have questions about school, training, work or career.
- If you don't understand letters. For example, from the job centre or the immigration office.
- If you need to make an appointment with an authority.
- If you have questions about your right of residence
- If you have health problems.
- If you have questions about mobility (e.g. driving licence)
- If you have questions about housing (not looking for accommodation)
- If you have questions about social participation, e.g. sports and leisure activities

🗣️ We can advise you in German and many other languages.

Who for: For migrants aged 27 and over

The service is free of charge.

Personal information is treated confidentially. Support is provided regardless of your origin, religion or nationality.

There are many places in Munich that offer migration counselling. You can decide for yourself where you would like to go. On the website [migmuenchen.de](https://migmuenchen.de) you will find all locations, opening hours and contact details. You will also find information on the languages in which counselling is available.

Here you can find the counselling centres in the different regions of Munich:

## Counselling in the centre of Munich

### Counselling services of the Munich Workers' Welfare Association (AWO)

🗺️ [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Goethestraße 53, 80336 München

Please make an appointment:

☎️ [089/54424715](tel:08954424715)

☎️ [0170/5467225](tel:01705467225)

✉️ [@infothek@awo-muenchen.de](mailto:infothek@awo-muenchen.de)

🕒 Monday to Friday 10:00 - 12:00 and 13:00 - 14:00.

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### Bavarian Red Cross - Munich District Association

🗺️ [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Goethestraße 53, 80336 München

Please make an appointment:

☎ [089/23737420](tel:08923737420) (room 108)

☎ [089/23737422](tel:08923737422) (Room 102)

☎ [089/23737423](tel:08923737423) (Room 010)

@[mbe@brk-muenchen.de](mailto:mbe@brk-muenchen.de)

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**Bund der Vertriebenen, Vereinigte Landsmannschaften, Landesverband Bayern e. V.**

🔗 [Find out more](#)

There is barrier-free access to the building and the rooms.

Please make an appointment:

📍 Am Lilienberg 5, 81669 München

☎ [089/44140379](tel:08944140379), [089/481447](tel:089481447)

@[info@bdv-bayern.de](mailto:info@bdv-bayern.de)

@[migrationsberatung@bdv-bayern.de](mailto:migrationsberatung@bdv-bayern.de)

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**Condrobs e. V.**

📍 Corneliusstraße 2, 80469 München

Make an appointment:

☎ [089/716717780](tel:089716717780)

☎ [0176/13410313](tel:017613410313)

☎ [0176/13410102](tel:017613410102)

@[migrationsberatung@condrobs.de](mailto:migrationsberatung@condrobs.de)

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**Caritas Association of the Archdiocese of Munich and Freising e. V.**

🔗 [Learn more](#)

📍 Schrenkstraße 3, 80339 München

Arrange an appointment:

☎ [089/50035517](tel:08950035517), [-31](tel:08950035517), [-14](tel:08950035517)

@[migrationsberatung@caritasmuenchen.org](mailto:migrationsberatung@caritasmuenchen.org)

🕒 Open consultation hours on Thursday 09:00 - 11:00.

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**Diakonie München und Oberbayern -  
Innere Mission München e.V.**

🔗 [Find out more](#)

There is barrier-free access to the building and the rooms.

📍 Goethestraße 53, 80336 München

1st floor

Please make an appointment:

☎ [089/550576718](tel:089550576718), [-21](tel:089550576718), [-16](tel:089550576718), [-14](tel:089550576718), [-24](tel:089550576718)

@[migrationsdienste@diakonie-muc-obb.de](mailto:migrationsdienste@diakonie-muc-obb.de)

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**Diakonie München und Oberbayern -  
Innere Mission München e.V.**

🔗 [Find out more](#)

📍 Seidlstraße 4, 80335 München

5th floor

Make an appointment:

☎ [089/540456160](tel:089540456160), -66, -62, -63

@ [migrationsdienste@diakonie-muc-obb.de](mailto:migrationsdienste@diakonie-muc-obb.de)

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### **IN VIA Munich e.V.**

🔗 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Goethestraße 12, 80336 München

3rd floor

Make an appointment:

☎ [089/54888950](tel:08954888950)

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

🕒 Open consultation hours on Wednesday 09:30 - 11:00.

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### **Israelitische Kultusgemeinde München und Oberbayern Social Department**

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Sankt-Jakobs-Platz 18, 80331 München

Please make an appointment:

☎ [089/202400275](tel:089202400275)

@ [mbe@ikg-m.de](mailto:mbe@ikg-m.de)

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### **REFUGIO Munich**

There is barrier-free access to the building and the rooms.

📍 Rosenheimerstraße 38, 81669 München

Please make an appointment:

☎ [089/98295725](tel:08998295725)

@ [mbe@refugio-muenchen.de](mailto:mbe@refugio-muenchen.de)

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### **hpkj e. V.**

🔗 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Müllerstraße 6, 80469 München

Please make an appointment:

☎ [017610491166](tel:017610491166) or [017610491165](tel:017610491165)

☎ [089/218965757](tel:089218965757)

@ [migrationsberatung@hpkj-ev.de](mailto:migrationsberatung@hpkj-ev.de)

🕒 Open consultation hours on Monday 10:00 - 12:00 and on Tuesday 16:00 - 18:00 and on Thursday 10:00 - 12:00.

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## **Counselling in the north of Munich**

### **Caritas Association of the Archdiocese of Munich and Freising e. V.**

🔗 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Hildegard-von-Bingen-Anger 1-3, 80937 München

Please make an appointment:

☎ [089/31606310](tel:08931606310)

@ [migrationsberatung@caritasmuenchen.org](mailto:migrationsberatung@caritasmuenchen.org)

🕒 Open consultation hours on Tuesday 09:00 - 12:00.

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### **Kinderschutz e. V.**

🔗 [Find out more](#)

📍 Heidemannstraße 25-27, 80939 München

Make an appointment:

☎ [089/2317167920](tel:0892317167920)

☎ [089/2317167952](tel:0892317167952)

☎ [089/2317167953](tel:0892317167953)

@ [mbe@kinderschutz.de](mailto:mbe@kinderschutz.de)

🕒 Open consultation hours on Wednesday 10:00 - 12:00 and on Thursday 13:30 - 15:30.

### **Counselling in the east of Munich**

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### **Caritas Association of the Archdiocese of Munich and Freising e. V.**

🔗 [Find out more](#)

📍 Platz der Menschenrechte 2, 81829 München

Make an appointment:

☎ [089/43737886](tel:08943737886)

@ [migrationsberatung@caritasmuenchen.org](mailto:migrationsberatung@caritasmuenchen.org)

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### **Malteser Hilfsdienst e. V.**

📍 Streitfeldstraße 1, 81673 München

Arrange an appointment:

☎ [089/43608552](tel:08943608552)

☎ [089/43608553](tel:08943608553)

☎ [089/43608554](tel:08943608554)

☎ [089/43608555](tel:08943608555)

@ [dalia.ferreirabischof@malteser.org](mailto:dalia.ferreirabischof@malteser.org)

@ [migrationsberatung.muenchen@malteser.org](mailto:migrationsberatung.muenchen@malteser.org)

Open consultation hours on Monday 09:00 - 12:30 and on Tuesday 09:30 - 12:30 and on Wednesday 14:00 - 17:30.

### **Counselling in the south of Munich**

### **Bavarian Red Cross - Munich District Association**

🔗 [Find out more](#)

There is barrier-free access to the building and the rooms.

📍 Perchtinger Straße 5, 81379 München

Please make an appointment:

☎ [089/2373242](tel:0892373242)

@[Mohammad.Salari@brk-muenchen.de](mailto:Mohammad.Salari@brk-muenchen.de)

☎[089/890886011](tel:089/890886011)

@c [hristine.mueller@brk-muenchen.de](mailto:hristine.mueller@brk-muenchen.de)

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### **Bavarian Red Cross - Munich District Association**

🔗[Find out more](#)

📍 Boschetsrieder Straße 67, 81379 München

Rear building, 2nd floor

Make an appointment:

☎[089/309040631](tel:089/309040631), [089/309040632](tel:089/309040632)

@[julietta.baghdasaryan@brk-muenchen.de](mailto:julietta.baghdasaryan@brk-muenchen.de)

🕒 Open consultation hours on Monday 10:00 - 13:00 and on Thursday 14:00 - 17:00.

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### **Diakonie München und Oberbayern - Innere Mission München e.V.**

🔗[Find out more](#)

📍 Plecherstraße 6, 81541 München

Ground floor

Make an appointment:

☎[089/62021626](tel:089/62021626), -23, -24, -20

@[migrationsdienste@diakonie-muc-obb.de](mailto:migrationsdienste@diakonie-muc-obb.de)

@[migration-giesing@diakonie-muc-obb.de](mailto:migration-giesing@diakonie-muc-obb.de)

### **Counselling in the west of Munich**

#### **Caritas Association of the Archdiocese of Munich and Freising e.V.**

🔗[Find out more](#)

There is barrier-free access to the building and the rooms.

📍 Arnulfstraße 83, 80634 München

Please make an appointment:

☎[089/724499200](tel:089/724499200)

@[migrationsberatung@caritasmuenchen.org](mailto:migrationsberatung@caritasmuenchen.org)

🕒 Open consultation hours on Tuesday, Wednesday and Friday 09:30 - 12:30.

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#### **Caritas Association of the Archdiocese of Munich and Freising e. V.**

🔗[Find out more](#)

There is barrier-free access to the building and the rooms.

📍 Haidelweg 48, 81241 München

Please make an appointment:

☎[089/537951](tel:089/537951)

☎[089/54343172](tel:089/54343172)

☎[089/82992026](tel:089/82992026)

@[migrationsberatung@caritasmuenchen.org](mailto:migrationsberatung@caritasmuenchen.org)

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#### **Gesellschaftspolitische Projekte e. V.**

🔗[Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Please make an appointment:

📍 Rotkreuzplatz 2a, 80634 München

☎ [089/5438149](tel:0895438149)

@ [d.zander@gpp-ev.de](mailto:d.zander@gpp-ev.de)

@ [mbe@gpp-ev.de](mailto:mbe@gpp-ev.de)

## Specialist service for older migrants

**Diakonie München und Oberbayern - Innere Mission München e.V.**

🔗 [Find out more](#)

📍 Plecherstraße 6, 81541 München

Ground floor

Make an appointment:

☎ [089/62021622](tel:08962021622)

@ [migrationsdienste@diakonie-muc-obb.de](mailto:migrationsdienste@diakonie-muc-obb.de)

@ [fd-aeltere@diakonie-muc-obb.de](mailto:fd-aeltere@diakonie-muc-obb.de)

**This text contains information on the following search terms:**

**German, language course, finances, contact with authorities, family, housing**

## Migration counselling for young people

### Migration counselling for young people - Youth migration services (JMD)

Have you only recently arrived in Germany?

Do you need help finding your way around Germany?

Have you been here for a while but still feel unsure and unfamiliar?

Do you need guidance and help and are you under 27 years old?

Then the **Youth Migration Service** is the right place for you.

The Youth Migration Service helps young people to find their feet in their new home. You will receive expert advice, support, practical help and educational programmes.

Come to the Youth Migration Service with your questions on the following topics:

- German language courses / integration courses
- Personal situation / social environment
- School / training / career
- Financial security
- housing
- Group programmes / leisure activities
- Parental counselling

🗣 We offer counselling in German and many other languages.

Your personal information will be treated confidentially.

Support is provided regardless of your origin, religion and nationality.



Who for: For migrants under the age of 27.

The service is free of charge.


### **Aktiv für interkulturellen Austausch e. V. BzB**

 [Find out more](#)


There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Bad-Schachener-Str. 2a, 81671 München

Please make an appointment:

 [089/189495711](tel:089189495711)


 [@jmd@aka-muenchen.de](mailto:jmd@aka-muenchen.de)

 Open consultation hours if you do not have an appointment: Friday 16:30 - 18:00


### **Beratungsdienste der Arbeiterwohlfahrt München (AWO)**

 [Find out more](#)


There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Goethestraße 53, 80336 München

Please make an appointment:

 Monday to Friday 10:00 - 12:00 and 13:00 - 14:00

 [089/54424715](tel:08954424715)


 [0170/5467225](tel:01705467225)

 [@infothek@awo-muenchen.de](mailto:infothek@awo-muenchen.de)


### **Bayerisches Rotes Kreuz Kreisverband München**

 [Learn more](#)


There is barrier-free access to the building and the rooms.

 Thalkirchnerstr. 106, 80337 München

Please make an appointment:


 [01749605150](tel:01749605150)

 [@Alexine.Zapf@brk-muenchen.de](mailto:Alexine.Zapf@brk-muenchen.de)

 [@JMD@brk-muenchen.de](mailto:JMD@brk-muenchen.de)

### **IG - InitiativGruppe e. V.**

 [Find out more](#)


 Karlstraße 44, 80333 München

 [089/54467129](tel:08954467129)



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**Diakonie München und Oberbayern - Innere Mission München e.V.**

 [Learn more](#)

 Seidlstr. 4, 80335 München


Please make an appointment:

 [089/540456123](tel:089540456123) or  [089/540456122](tel:089540456122)

 [@jugendmigrationsdienst@diakonie-muc-obb.de](mailto:jugendmigrationsdienst@diakonie-muc-obb.de)


**Internationaler Bund Freier Träger der Jugend-, Sozial- und Bildungsarbeit e. V.**


 [Learn more](#)

 Lindwurmstraße 117, 80337 München

There is barrier-free access to the building and the rooms.

Please make an appointment:

 From Monday to Friday 09:00 - 16:00


 [089/60087713](tel:08960087713),  [089/60087714](tel:08960087714),  [089/60087716](tel:08960087716),  [089/60087725](tel:08960087725)


 [@jmd-muenchen@internationaler-bund.de](mailto:jmd-muenchen@internationaler-bund.de)

**IN VIA München e. V.****Catholic Association for Girls' and Women's Social Work, Migration Department**


 [Find out more](#)


There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Goethestraße 12, 80336 München

 Consultation hours: Tuesday 15:00 - 17:00


Please make an appointment:


 [089/54888950](tel:08954888950)

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

**Paritätischer Wohlfahrtsverband, Landesverband Bayern e. V., Kinderschutz e. V.**

 [Find out more](#)


 Heidemannstraße 25-27, 80939 München

 Open consultation hours if you do not have an appointment:

Wednesday 10:00 - 12:00

Thursday 13:30 - 15:30

Make an appointment under:

 [089/2317167920](tel:0892317167920)  
[@jmd@kinderschutz.de](mailto:@jmd@kinderschutz.de)

## **FamAra - Migration counselling for families without a home**

### **FamAra - Migration counselling for families without a home**

You have no home and are in a difficult life situation? We advise families with children under the age of 18 and pregnant women from the 7th month. We can advise you on the following topics:

- Housing
- Childcare
- work
- if you need a place to sleep
- if you need a postal address
- if you would like to return to your home country

Together we will develop a good perspective for your individual situation.

We also provide hot meals and laundry facilities.

 [Find out more](#)


Who for: For families from an EU country or with a European residence permit. For families with [overnight protection](#). For pregnant women from the 7th month of pregnancy. For parents or guardians affected by homelessness and/or precarious housing conditions.


 German, English, Spanish, Bulgarian, Romanian

The programme is free of charge.

Children can be brought along.

FamAra  
Ohmstraße 3  
80802 München  
 [089/45029637](tel:08945029637)  
[@famara@hilfswerk-muenchen.de](mailto:@famara@hilfswerk-muenchen.de)

 Monday, Wednesday, Friday 09:00 - 12:00 and 13:00 - 16:00

 Tuesday, Thursday 11:00 - 12:00 and 13:00 - 16:00

**This text contains information for the following search terms:  
bed, homeless**

**Migration counselling for people from Romania and Bulgaria**

**Migration counselling for people from Romania and Bulgaria**

As part of the "Education instead of begging" project, we can advise you on the following topics:

- We advise you if you need help
- We help you to stabilise your individual life situation
- Counselling and help with securing your livelihood
- We support you with school and childcare
- We help you to find a German course or integration course
- We inform you about offers of help in Munich
- We take a look at your career prospects
- We refer you to medical centres
- We help you with employment and if you have questions about social insurance
- Help with contacting the authorities

Counselling is individual. We discuss your situation together and find a good way forward.

Who for: People from Romania and Bulgaria

Children can be brought along.

There is barrier-free access to the building and the rooms.

The counselling service is free of charge.

Caritasverband der Erzdiözese München und Freising  
Goethestraße 53  
80336 München

🗣️Romanian:

☎️089/54343172

@[Ramona.Sisu@caritasmuenchen.org](mailto:Ramona.Sisu@caritasmuenchen.org)

🗣️Bulgarian:

☎️089/537951

@[Nedialko.Kalinov@caritasmuenchen.org](mailto:Nedialko.Kalinov@caritasmuenchen.org)

**You can make an appointment or come to the open consultation hours:**

📍AWO München, Sonnenstraße 12a, 80331 München (1st floor)

🕒Tuesday 09:00 - 12:00 (🗣️ Romanian)

🕒Monday 09:00 - 13:00 (🗣️ Bulgarian)

🌐[Website](#)

**This text contains information on the following search terms:  
vocational orientation**

**Counselling and help for victims of violence and abuse**

**Desert Rose - Help with forced marriage and / or FGM-C**

## Wüstenrose - Help with forced marriage and / or FGM-C

We advise girls, boys, women and men who are affected or threatened by forced marriage or violence in the name of "honour". We also provide counselling for girls and women who are threatened or affected by [FGM-C](#) (female genital mutilation).

Our counselling can take place on the phone or in person.

The counselling is free of charge.

🗣️ We speak German, English, Somali, Swahili and Turkish. For all other languages, we can organise a person to translate for you.

### 📞 Consultation hours on the phone:

Monday 14:00 - 16:00

Tuesday 10:00 - 12:00

Thursday 13:00 - 15:00

## IMMA e. V. - Wüstenrose, Fachstelle Zwangsheirat / FGM

📍 [Goethestraße 47, 80336 München](#)

✉️ [@wuestenrose@imma.de](mailto:wuestenrose@imma.de)

☎️ [+49 \(0\) 8945216350](tel:+49(0)8945216350)

🌐 <https://imma.de/einrichtungen/w%C3%BCstenrose/>

### Counselling centre for girls and young women

### Counselling centre for girls and young women - IMMA e. V.

The IMMA counselling centre helps girls and young women with all their questions and in various problem situations with a focus on violence.

🔗 [Find out more](#)

For whom: Girls and young women up to the age of 27

🗣️ If necessary, we can organise for someone to translate. Please let us know in advance which language you speak.


There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

Please make an appointment. We currently offer appointments in person, by telephone or by video consultation.

IMMA e. V.  
Jahnstraße 38

81379 München

 [089/2607531](tel:0892607531)

[@beratungsstelle@imma.de](mailto:@beratungsstelle@imma.de)

 **Open counselling: You don't need an appointment here**

Tuesday 14:00 - 16:00

 **Telephone availability:**

Monday 14:00 - 16:00

Wednesday 14:00 - 18:00

Thursday 10:00 - 12:00

## Counselling and trauma therapy for women

### Counselling and trauma therapy for women aged 17 and over who experienced sexualised violence in childhood or adolescence

"Wildwasser München" is a specialist centre for supporting women after sexual violence and for protecting women\* and girls\* from sexual violence (prevention and intervention).

Women\* and girls\* means: all persons who identify as women or girls.

Only women work here.


We help you on the phone, by e-mail or when you come to us.

You don't have to tell us your name and you don't have to tell us what terrible things have happened to you.

- You can come to us for counselling if you experienced sexual violence as a child or teenager.
- We will support you so that you feel better again.
- We will work with you to find out what can help you.
- We will give you addresses of therapists, lawyers, doctors ...
- We help you to get financial help.
- You can undergo trauma therapy with us if we have a free therapy place.
- We support and accompany you if you want to file or have filed a criminal complaint.
- We explain your rights to you.

 [Find out more](#)

Who for: Women\* with and without disabilities aged 17 and over.

 Interpreters are available if required.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

Please make an appointment.

Wildwasser München e. V.

Thomas-Wimmer-Ring 9

80539 München

 [089/60039331](tel:089/60039331)

 [beratung@wildwasser-muenchen.de](mailto:beratung@wildwasser-muenchen.de)

**This text contains information on the following search terms:  
childhood, sex, rape, abuse, maltreatment, past, psychological stress,  
traumatisation**

## **Counselling for boys\* and young men\***

### **Investigation centre for victims of domestic violence**

### **Investigation centre for victims of domestic violence**

Are you affected by domestic violence? Then you can come to us for free counselling and an examination. We secure the evidence and preserve it. We document the injuries so that the documentation can be used in court.

Who for: For victims of any form of domestic violence (adults aged 18 and over).

There is barrier-free access to the building and the rooms.

The service is free of charge as long as it is used as described above. Orders that go beyond this, such as the preparation of a written report, toxicological analyses and the like, are subject to a charge.

Untersuchungsstelle für Opfer häuslicher Gewalt  
Institut für Rechtsmedizin der Ludwig-Maximilians-Universität  
Nussbaumstraße 26  
80336 München

 [089/218073011](tel:089/218073011) (  Every day from 08:00 - 17:00)

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

 [Website](#)

 Please make an appointment for an examination.

## **SOLWODI - Counselling centre for women in need**

### **SOLWODI Munich - For women affected by violence**

We provide counselling and support if you are experiencing violence. You have come to the right place, especially when it comes to human trafficking and sexual exploitation. Other topics include forced marriage in your home country and female genital mutilation (FGM/C). We can also help you with other immigration, social or personal problems.

We will inform and advise you on your legal options. We help you to make decisions and accompany you on the way to a free, self-determined life without violence. We support you in dealing with the authorities. If you need a lawyer, we can put you in touch with one.

Our counselling is available in person, by telephone or by e-mail. Our counselling is anonymous.

The service is free of charge.

🗣️ German, English

🕒 Monday, Tuesday, Thursday and Friday 10:00 - 14:00 and by appointment

## **SOLWODI München**

📍 [Dachauer Straße 50, 80335 München](#)

✉️ [@muenchen@solwodi.de](mailto:@muenchen@solwodi.de)

☎️ [+49 \(0\) 8927275859](tel:+49(0)8927275859)

🌐 <https://www.solwodi.de/seite/353251/m%C3%BCnchen....>

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**This text contains information on the following search terms:  
prostitution, violence against women, sexual violence, forced prostitution**

## **Services for older people**

### **Counselling centres for older people and their relatives**

### **Counselling centres for older people and their relatives**

The advice centres provide information, support and help with decisions relating to ageing.  
For example:

- Care insurance benefits
- Planning and financing home or inpatient care
- Housing and care options in old age
- Dementia and other illnesses in old age
- Economic assistance
- Administrative matters
- Severe disability
- Power of attorney
- Guardianship
- Living will

Who for: Senior citizens and their relatives

The offer is free of charge.

🗣️ If you let us know in advance, we can organise someone to translate.

Children can be brought along.

There are three different places you can go to:



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**Arbeiterwohlfahrt München**

Beratungsstelle für ältere Menschen und Angehörige

Gravelottestraße 16

81667 München

☎ [089/66616330](tel:08966616330)

@ [beratungsstelle@awo-muenchen.de](mailto:beratungsstelle@awo-muenchen.de)

🌐 [Website](#)

🕒 From Monday to Thursday 09:00 - 16:00

🕒 On Friday 09:00 - 14:00

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**Caritas München-Nord**

Hildegard-von-Bingen-Anger 1-3

80397 München

There is barrier-free access to the building and the rooms. There is a disabled toilet.

☎ [089/31606310](tel:08931606310)

@ [fachundberatungsstelle@caritasmuenchen.org](mailto:fachundberatungsstelle@caritasmuenchen.org)

🌐 [Website](#)

🕒 From Monday to Thursday 10:00 - 15:00

🕒 On Friday 09:00 - 12:00

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**Bayerisches Rotes Kreuz**

Boschetsrieder Straße 67

81379 München

There is barrier-free access to the building and the rooms. There is a disabled toilet.

☎ [089/309040610](tel:089309040610)

@ [bst@brk-muenchen.de](mailto:bst@brk-muenchen.de)

🌐 [Website](#)

🕒 From Monday to Thursday 8:30 - 12:30 and 13:30 - 16:30

🕒 On Friday 08:30 - 12:30

**This text contains information on the following terms:**

**family carers, respite services, home adaptation, discussion groups, dementia companions, residential communities for people with dementia, care options**

**Municipal complaints centre for problems in geriatric care**

**Municipal complaints centre for problems in care for the elderly**

When older people are in care facilities (inpatient) or are cared for at home (outpatient), questions or problems can arise. We take care of your concerns in this area. You can also contact us if you have complaints about support in the home (assisted living) or other forms of living.

We will work with you to find a solution.

🌐 [Find out more](#)

Who for: For senior citizens. For their relatives and caregivers, legal guardians, neighbours, acquaintances and carers

🗣️ If you would like someone to translate, please let us know in advance which language you speak.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

📍 Städtische Beschwerdestelle für Probleme in der Altenpflege, Burgstraße 4, 80331 München

☎️ [089/23396966](tel:08923396966)

✉️ [@staedtsche\\_beschwerdestelle.altenpflege@muenchen...](mailto:@staedtsche_beschwerdestelle.altenpflege@muenchen...)

🕒 On Monday and Thursday 09:00 - 12:00 and 13:00 - 16:00

🕒 On Tuesday and Friday 09:00 - 12:00

🕒 On Wednesday 13:00 - 19:00

## Old people's and service centres (ASZ)

### Alten- und Service-Zentren (ASZ)

There are 33 contact points for older people and their relatives in Munich. We help and advise on all issues relating to old age. There is also the option of visiting you at home.

Our aim is to ensure that older people can be independent, are not lonely and feel mentally and physically well.

There are various courses and programmes on offer:

- Fitness
- education
- language
- computers
- and many other topics

There is also a café and cheap lunches for people on a budget.

Here you can find the flyer in different languages: [German](#), [English](#), [French](#), [Greek](#), [Croatian](#), [Russian](#), [Serbian](#), [Turkish](#), [Ukrainian](#)

The centres are located throughout Munich. You can find the centre nearest you [at](#) 🌐 or on the [INTEGREAT city map](#).

Who for: Senior citizens. For relatives and carers of older people. For people who are concerned with issues relating to ageing.

🌐 [Find out more](#)

🗣️ There are people who can translate. Please let us know in advance which language you speak.

Access to the buildings and rooms is barrier-free. There are disabled toilets.

Many offers are free of charge. Some offers cost something. You can find out the exact costs on site.

## Building bridges information campaign

### Building bridges information campaign

We inform older people with a migration background and their social environment in their native language about topics relating to life in old age. If you have an association, for example, we will be happy to come to one of your meetings and provide on-site advice.

The topics depend on the interests of the group. Possible topics include

- Overview of offers in Munich
- Networking and counselling
- Basic security and financial aid
- Documents for emergencies (e.g. health care proxy, living will)
- Health and care insurance - who pays what?
- Care needs and care services
- Living arrangements and outpatient services
- Short-term care - what is it?
- Nutrition and diabetes
- Care in a hospice or palliative care unit
- Dementia - what now?

Who for: Individual older people and their relatives, international groups, associations, organisations and communities.

🗣️ We can organise a person who can translate.

The offer is free of charge.

Children can be brought along.

📍 Brücken bauen, Landshuter Allee 38b, 80637 München

Access to the building and the rooms is barrier-free.

☎️ [089/126991430](tel:089126991430)

✉️ [@justeinbach@diakonie-muc-obb.de](mailto:@justeinbach@diakonie-muc-obb.de)

✉️ [@brueckenbauen@diakonie-muc-obb.de](mailto:@brueckenbauen@diakonie-muc-obb.de)

🕒 From Monday to Thursday: 8:30 - 16:30; on Friday: 8:30 - 14:00

🌐 [Website](#)

## Mental health counselling for older people


## People with disabilities

### Barrier-free (public) toilets in Munich

## Barrier-free (public) toilets in Munich


The website  [inclus](#) provides an overview of accessible toilets in Munich.

For whom: For people with disabilities

If you click on the location symbol, you can see your own location on the map and where the nearest toilet is: 

If you click on a toilet, you will get more detailed information about the facilities:

- floor plan
- Installed handles
- door width
- gradient of the ramp
- Use with or without [Euro toilet key](#)

 German, English

You can also leave a review about the toilet.

The service is free of charge.

 [More information](#)

[@inclus@dpschool.io](mailto:@inclus@dpschool.io)

## Specialist centre for counselling and anti-discrimination in the Office of the Disability Commissioner

### Specialist centre for counselling and anti-discrimination in the Office of the Disability Commissioner

Counselling and help on the subject of disabilities:

- Application and objection for the severely disabled person's pass
- Degree of care
- Basic income support in the event of reduced earning capacity
- Information on benefits for people with disabilities
- Basic income support in the event of incapacity to work and in old age
- Application and counselling for barrier-free housing
- Counselling and support in the event of discrimination due to a disability

Counselling is independent of the authorities. Counselling is confidential, anonymously if desired.

 [Find out more](#)

Who for: Munich residents with disabilities and their relatives

🗣️ Do you need an interpreter for the counselling session? When you make an appointment, please tell us in which language. We will then organise it. This will not incur any costs for you.

Children can be brought along.

Counselling is free of charge.

You can find answers to many questions about disability on the 🌐 [website](#).

Please make an appointment:

📅 From Monday to Thursday from 09:00 to 15:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

## **Büro der Behindertenbeauftragten**

📍 [Burgstraße 4, 80331 München](#)

@ [behindertenbeauftragte.soz@muenchen.de](mailto:behindertenbeauftragte.soz@muenchen.de)

☎️ [+49 \(0\) 8923320417](tel:+49(0)8923320417)

🌐 <https://bb-m.info/>

## **Outpatient service: counselling and support for people with disabilities**

### **Gemeinsam Leben Lernen e. V. - Outpatient service**

We support and advise people with disabilities and their relatives. We enable people with disabilities to participate in our society - in school, leisure and culture.

Who for: People with disabilities and their relatives

Various services are free of charge:

- We advise you
- We offer educational programmes
- There are opportunities to meet people
- Sports activities

Costs are incurred for individual assistance during leisure time and individual support in daycare centres and schools. We will be happy to help you with the applications for the assumption of costs.

📅 From Monday to Friday from 08:00 to 17:00

The entrance to the building and the rooms is barrier-free. There is a disabled toilet.

## **Gemeinsam leben lernen e. V.**

📍 [Goethestraße 8, 80336 München](#)

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[@info@gll-muenchen.de](mailto:@info@gll-muenchen.de)

[+49 \(0\) 8989055980](tel:+49(0)8989055980)

<http://www.gll-muenchen.de/>

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**This text contains information on the following search terms:**

**Family relief**

**For children and young people with disabilities**

**Association for the care and integration of disabled children and young people - BiB e.V.**


- Do you have general questions about disability?
- Do you need support in dealing with the care insurance fund?
- Do you have questions about financial support services?
- Would you like to know where and how to apply for integration assistance benefits or basic income support?
- You no longer know how you are going to provide care in the future and urgently need support?
- Are you looking for a short-term care place?
- Do you need information on the "personal budget"?

The association offers counselling on these and many other questions relating to disability. We are happy to provide general information over the phone, but we can also advise you individually in a personal meeting at our office. Counselling is confidential. We take our time and have an open ear!

The counselling service is free of charge.

Who for: For families with children and young people with disabilities.


 from Monday to Wednesday 09:30 - 15:00

 on Thursday 09:30 - 13:00

 and by appointment

There is barrier-free access to the building and the rooms.

**Verein zur Betreuung und Integration behinderter Kinder und Jugendlicher (BiB) e.V.**

 [Seeriederstraße 25, 81675 München](#)

[@info@bib-ev.org](mailto:@info@bib-ev.org)

[+49 \(0\) 89124796930](tel:+49(0)89124796930)

<https://www.bib-ev.org/>

## Single mothers with children with disabilities

### **allfabeta - Contact network for single mothers with children with disabilities**

Single parents often face particular challenges. Our aim is to empower these women. We provide counselling and offer open meetings. You can exchange ideas with others and make contacts.

The following services are free of charge:


- Counselling and support
- Group meetings (childcare during the meeting costs €3)
- Self-help groups

There are other offers, such as seminars or excursions, which cost something.


 [Find out more](#)

Who for: Single women with children with disabilities or chronic illnesses.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Siaf, Sedanstrasse 37, 81667 München

 [089/45802511](tel:08945802511)

 [@allfabeta@siaf.de](mailto:@allfabeta@siaf.de)

Please make an appointment.

## **Counselling and leisure activities for people with and without disabilities**

### **Open work with the disabled**


We advise and organise excursions and trips. We also offer courses and programmes in the areas of sport and culture. The programmes are designed in such a way that people with and without disabilities can participate on an equal footing.

Who for: For all people with and without disabilities: children, young people, adults and senior citizens.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.


Many activities are free of charge. For some programmes, there is a charge for drinks or food. Some courses or excursions also incur a small charge.

 From Tuesday to Wednesday 17:00 - 19:30

 On Thursday 17:00 - 21:00

 For events: Friday and Saturday

## **Offene Behindertenarbeit evangelisch in der Region München**

 [Blutenburgstraße 71, 80636 München](#)

 [@info.oba@elkb.de](mailto:info.oba@elkb.de)

 [+49 \(0\) 8912661160](tel:+49(0)8912661160)

 <https://www.oba-muenchen.de/>

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**This text contains information on the following search terms:**

**Leisure, Inclusion, Cafe, Worship, Faith**

**Counselling and self-help association for people with disabilities**

### **Counselling centre Lebenshilfe Munich**

We are a self-help organisation for people with primarily intellectual disabilities. We offer counselling for people with disabilities, parents and relatives. We are also a contact point for parents-to-be who are expecting a child with a disability. We can advise you on legal, social and practical issues.


Who for: People with disabilities and their relatives

Children can be brought along.

The service is free of charge.

 [@beratung@lebenshilfe-muenchen.de](mailto:beratung@lebenshilfe-muenchen.de)

 [@zipf@lebenshilfe-muenchen.de](mailto:zipf@lebenshilfe-muenchen.de)

 Daily from 08:00 to 16:00


There is barrier-free access to the building and the rooms. There is a disabled toilet.

### **Lebenshilfe München**

 [St.-Quirin-Str. 13a, 81549 München](#)

 [@info@lebenshilfe-muenchen.de](mailto:info@lebenshilfe-muenchen.de)

 [+49 \(0\) 8969347117](tel:+49(0)8969347117)

 [+49 \(0\) 89693470](tel:+49(0)89693470)

 <https://www.lebenshilfe-muenchen.de/>

**Support for people with disabilities and migrant backgrounds**

### **Support for people with disabilities and a migration background**

We help you to find the right authority, organisation or specialist agency for your needs. The needs of the people who come to us are our top priority. We organise small events with useful tips about life in Munich, health, cultural integration, etc. We are committed to a tolerant



Munich and cultural diversity.

Who for: People with disabilities and chronic illnesses and their families.

■ German, Russian, Bulgarian

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

ViertelPunkt

Goethestraße 53

80336 München

☎ [089/537102](tel:089537102)

@ [maiamarkova@viertelpunkt.org](mailto:maiamarkova@viertelpunkt.org)

🌐 [Website](#)

## **AbilityAid - Counselling for refugees with disabilities or chronic illnesses**

### **AbilityAid**

We provide counselling for people with a history of flight with a disability or chronic illness. Counselling takes place by telephone or in our office. We also offer computer courses (e.g. Word, Excel, Internet) and German practice courses.

Who for: People with disabilities or chronic illnesses and their relatives.

The programme is free of charge.

🗣️ Support from interpreters is possible.

Children can be brought along.

Please make an appointment for counselling.

🕒 From Monday to Friday from 09:00 to 17:00

There is barrier-free access to the building and the rooms.

### **AbilityAid**

📍 [Ringseisstr. 11 a, 80337 München](#)

@ [ability@arrivalaid.org](mailto:ability@arrivalaid.org)

☎ [+49 \(0\) 8959998823](tel:+49%280%298959998823)

🌐 <https://arrivalaid.org/abilityaid/#beratung-kurse>

**This text contains information on the following search terms:**

**Practice courses, Conversation courses**

## Network of and for women and girls with disabilities in Bavaria

### Network of and for women and girls with disabilities in Bavaria


The Netzwerkfrauen Bayern is an open organisation. Every girl and every woman with a disability can be part of the network, and anyone who cares about our topics can help! We talk about topics from all areas of life: Career and education, family and partnership, health, political issues. We talk about dealing with the authorities and laws, but also about hobbies and leisure activities.

Who for: Women and girls with disabilities or chronic illnesses

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

 Monday to Friday 10:00 - 14:00 and by appointment

### Netzwerk Frauen Bayern

 [Hansastraße 40, 80686 München](#)

 [@info@netzwerkfrauen-bayern.de](mailto:info@netzwerkfrauen-bayern.de)

 [+49 \(0\) 8945992427](tel:+49(0)8945992427)

 <http://www.netzwerkfrauen-bayern.de/>

**This text contains information on the following search terms:**  
**Peer Counselling**

### For deaf people

#### Emergency call for deaf people

#### Emergency call for deaf people

You can either send a fax or contact the emergency number by SMS:

- [Fax](#) to 089/19294
- SMS for customers of T-Mobile and Vodafone: [9908919294](tel:9908919294)  
SMS for customers of O2 and E-Plus: [32908919294](tel:32908919294)

#### Important information for an emergency call

Send an informal message to one of the numbers provided and answer the following questions:

- **Who** is calling (your name)?

- **Where** has something happened (address)?
- **What** has happened?
- **How** many injured or sick people are there?
- **What type** of illness or injury is involved?

Further information on the  [website of the Munich Police Headquarters](#)

## Social services for the deaf

### Social services for the deaf

We support you if you are deaf and use sign language. The experts in the counselling service have a legal duty of confidentiality. This means that they will not tell anyone what was said during the appointment.

Who for: For people who live in Munich.


We are there for you on the following topics:

- If you are in personal or financial distress
- If you have problems in the family or with your partner
- If there are problems with the care and upbringing of children
- In the event of separation, divorce and custody
- If you have problems with your home
- If you are experiencing a life crisis or psychological stress
- If you have social problems
- If you have problems with authorities and applications
- When it comes to help for older people

The service is free of charge.

We also advise relatives.

 Sozialdienst für Gehörlose, Sozialbürgerhaus, Ridlerstraße 75, 80339 München

 Sign language

 [@sbh-ls-sg.soz@muenchen.de](mailto:@sbh-ls-sg.soz@muenchen.de)

Fax: 089/23342839

SMS: 015222955340

 [Website](#)

## Counselling for people who are hard of hearing or deaf

### Counselling for people who are hard of hearing or deaf

#### (EUTB® = Supplementary independent participation counselling)

We support people with hearing loss and deafness in Bavaria. We advise you on all issues relating to rehabilitation and participation:

- We help you to decide which hearing aid is right for you and to fit your new hearing aid
- We support you with applications for financial benefits or with the assumption of costs by health insurance companies
- We put you in touch with self-help groups or hearing aid associations
- We support you with the daily burden of hearing loss

We can also advise you on the following topics: Autism, AD(H)S and neurodiversity, learning disabilities, developmental disorders in speech.

You can get advice from us - no matter where you live.

Who for: For people who are hard of hearing or deaf and their relatives and friends.

The service is free of charge.

🗣️ English, German, Hebrew, Dutch

You can bring your children for counselling.

There is barrier-free access to the building and the rooms.

EUTB Beratungsstelle beim Landesverband Bayern der Schwerhörigen und Ertaubten e.V.

Fürstenrieder Str 279 a

81377 München

Ground floor room 2

☎️ [015566600773](tel:015566600773)

✉️ [@eutb@schwerhoerige-bayern.de](mailto:@eutb@schwerhoerige-bayern.de)

🕒 From Monday to Friday 10:00 to 15:00

🌐 [Website](#)

**This text contains information on the following terms:**

**Deaf, hearing impaired**

## LGBTI\*

### Counselling and help

### LGBTI\* - Counselling and help

### Counselling centre for lesbians and bisexual women LeTRa

We provide counselling for lesbian women, bisexual women, women coming out, lesbian couples, parents, relatives and friends of lesbian women:

- We are there for you and help you with difficulties in everyday life.
- Our lesbian / bisexual counsellors offer individual and couples counselling.
- The counselling sessions can take place once or in a series of meetings.
- We also offer counselling by telephone or email.

- Counselling takes place in a protected atmosphere and is anonymous. We do not tell anyone what we have talked about.
- Everyone is welcome, no matter what cultural background you have or where you come from. Trans lesbians and all transgender and intersex people as well as lesbians with disabilities and mental illnesses are also welcome.

🗣️English, French and German. If you let us know in advance, we can also organise a translator for all other languages.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

The offer is free of charge, but we are happy to receive your donation.

LeTRa Lesbenberatung

Blumenstraße 29 (Entrance in the inner courtyard)

80331 München

☎️089/72542

@info@letra.de

🌐www.letra.de

Please make an appointment:

📅On Monday from 14:30 to 17:00 and on Wednesday from 14:30 to 17:00

LeTRa also offers "" [counselling for lesbian and bisexual women who have fled](#).

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## Gay Communication and Cultural Centre e. V. (Sub)

Non-profit organisation to promote the identity of gay men in all situations. Over 20 offers for

- counselling
- leisure activities
- Intercultural
- language courses
- Self-help groups
- Information on HIV/Aids.

Who for: Gay, bisexual, queer men, both cis\* and trans\* of all ages. All people are welcome. There are no specific offers for heterosexual people.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

The offer is free of charge.

Sub – Schwules Kommunikations- und Kulturzentrum e. V.

Müllerstraße 14b (rear building)

80469 München

☎️089/85634640

@info@subonline.org

🌐www.subonline.org

📅From Sunday to Thursday from 19:00 to 23:00, on Friday from 19:00 to 24:00, on Saturday

from 19:00 to 24:00

The Sub [also](#) offers "" [psychosocial counselling specifically for gay and bisexual men with a refugee background](#).

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## Trans\*Inter\*Counselling centre

Counselling for trans\* and inter\* people and their relatives; further training, specialist counselling and public relations work in the field of trans\* and inter\*.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

The service is free of charge.

Trans\*Inter\*Beratungsstelle

Lindwurmstraße 71

80337 München

☎ [089/54333130](tel:08954333130)

@[info@trans-inter-beratungsstelle.de](mailto:info@trans-inter-beratungsstelle.de)

🌐 [www.trans-inter-beratungsstelle.de](http://www.trans-inter-beratungsstelle.de)

🕒 on Monday and Thursday from 13:00 to 15:00 and by appointment

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## LGBTIQ\* counselling - Diversity Munich

We are happy to advise you on all topics relating to LGBTIQ\*. Participation in our counselling service is anonymous.

Who for: Parents, teenagers and young adults, as well as teachers and professionals.

■ [Find out more](#)

Some activities cost money.

Please make an appointment.

diversity Münche

Blumenstraße 11

80331 München

☎ [089/55266986](tel:08955266986)

@[beratung@diversity-muenchen.de](mailto:beratung@diversity-muenchen.de)

**This text contains information on the following search terms:**

**bisexual, youth group, leisure group, non-binary, non-binary, transgender, intersex, homosexual, queer, international, transgender, gender, culture, politics, identity, flight, refugees, rainbow, LGBT**

**rosa Alter: Counselling for older people**

**rosa AlterCounselling for older people**

We provide counselling for lesbian, gay, trans\*gender and inter\*sex senior citizens. We advise you on social, socio-legal and psychosocial issues. We put you in touch with volunteers who will be happy to help you and support you in networking. Our aim is to ensure that you receive the best possible care in old age. We are in contact with various LGBTI\* organisations, associations and groups. We can help you with questions about conventional care for senior citizens. Counselling is individual.

We also offer training on the topic of LGBTI\* and old age.


 [Find out more](#)


Who for: LGBTI\* aged 50 and over and relatives


The counselling service is free of charge.


Please make an appointment.

rosaAlter  
Lindwurmstr. 71  
80337 München

 [089/54333114](tel:08954333114) (head of the centre)

 [089/54333119](tel:08954333119) (lesbian / bisexual)

 [089/54333120](tel:08954333120) (gay / bisexual)

 [089/54333124](tel:08954333124) (trans\* / inter)

[@info@rosa-alter.de](mailto:info@rosa-alter.de)

 On Monday 10:00 - 13:00, on Wednesday 13:00 - 17:00 and by appointment.

**This text contains information on the following search terms**

**LGBTI\*, 50+**

**refugees@diversity – buddy programme**

**refugees@diversity - Buddy programme**

Are you lesbian, bisexual, gay or trans\*? Have you fled to Munich from your home country and would like to get to know other like-minded people or offers within the Munich scene? Then you've come to the right place!

We will provide you with a buddy who will accompany you to events in Munich's queer scene. So you don't have to go anywhere on your own and always have someone at your side who can answer all your questions about queer offers and organisations in and around Munich.

You can also visit the [youth groups](#) and events at diversity together with your buddy. This makes access to our community easier.

Who for: LGBTIQ\* people with a refugee background aged between 14 and 27.

The programme is free of charge. Some events cost something.

Please make an appointment.

diversity München e. V.  
Blumenstraße 11

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80331 München

 [089/55266986](tel:08955266986)

 [@beratung@diversity-muenchen.de](mailto:@beratung@diversity-muenchen.de)

 [Website](#)

**This text contains information on the following search terms:  
youth group, hiv, aids**