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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

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

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

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

@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

☎️089/51556450 (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

@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

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

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-hasenbergl.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

Hasenbergl**Pontis Hasenbergl**

📍 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-hasenbergl.de

Diakonie Hasenbergl

📍 Schneeheideanger 8, 80937 München

🗣 German

☎ [089/452235571](tel:089452235571)

✉ @info@diakonie-hasenbergl.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

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

Stadtbibliothek am Westkreuz

📍 Radolfzellerstraße 13, 81243 München

🗣️ German, English

This is an open offer without registration. No appointment is necessary. Just drop by!

🕒 Every 2nd and 4th Tuesday of the month 16:00 - 18:00

☎️ [089/233772427](tel:089233772427)

This text contains information on the following search terms:

Form help, help with filling out forms

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

 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**