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Help in an emergency

Police, fire brigade, ambulance, poison centre

Police:

Telephone (emergency call):

[110](#)

You can find information about the police in easy language here:

[Die Bayerische Polizei - Leichte Sprache - Die Bayerische Polizei im Internet](#)

Fire:

Telephone for fire brigade (emergency call):

[112](#)

Medical emergency, accident:

Telephone for emergency doctor (emergency call):

[112](#)

If you or your child have ingested something poisonous, you can call the poison emergency number

(Example: A small child has drunk washing-up liquid).

There are two places you can call. They will help you and tell you what to do now.

Gift-Notruf Nürnberg

Telephone [0911 3982451](#)

Gift-Notruf München

Telephone [089 19240](#)

Important rules in an emergency:

You call 112.

Say the important things:

Where did the emergency/accident happen?

What has happened?

How many people are injured?

What type of injury?

Wait for questions back from the rescue control centre (these are the people you are talking to on the phone)!

Medical emergency service, pharmacy emergency service

Ärztlicher-Bereitschafts-Dienst

It's late at night or Sunday or a public holiday?
You're not feeling well.

You need a doctor?
Your doctor is not open?

You can call here:

[116 117](tel:116117)

Ask for a doctor on call.

But not for emergencies!

Phone number for emergencies:

[112](tel:112)

Or go to the hospital.

You can find on-call doctors' surgeries here:

[116117.de - Bereitschaftspraxen suchen](https://116117.de)

Dental emergency service

Emergency with a tooth?

For example, pain, bleeding, accident?

Your dentist is not open?

Where is the emergency service? Look here:

[Zahnärztlicher Notdienst, Zahnarzt, Notfall, Zahnschmerzen, Zahnarztnotdienst - Auskunft
Zahnärztlicher Notdienst](#)

Or:

[Zahnärztlicher Notfalldienst im Universitätsklinikum Regensburg](#)

Pharmacy emergency service

Is it night or Sunday or a public holiday?

You're not feeling well. You need a medicine.

Then look for an open pharmacy here:

[Apotheken-Notdienst und -Nachtdienst suchen | aponet.de](#)

There are always pharmacies that are open when most pharmacies are already closed.

They are called emergency service pharmacies.

Search for pharmacies with emergency service and night service:

[Apotheken-Notdienst und -Nachtdienst suchen | aponet.de](https://www.aponet.de)

Help for women and children

Are you a woman in need?

You can always call:

Telephone: [0800 116 016](tel:0800116016)

You can also get help in other languages.

Sexualised violence

The Frauen Notruf Regensburg e.V.

is a counselling centre for women and girls who have experienced sexualised violence:

[Frauennotruf Regensburg e.V. – Beratungsstelle für Frauen und Mädchen mit sexualisierten Gewalterfahrungen](https://www.frauennotruf-regensburg.de)

Telephone: [0941 24171](tel:094124171)

Not-Inseln for children

Are you afraid on your way to school?

You can get help.

Where?

You go to an emergency shop on the way to school (shops = shops, doctors)

The people there can help you.

The shops have a sticker.

The sticker says Notinsel.

You have to enter the place where you live (for example: Regensburg):

[Notinsel finden | Notinsel](https://www.notinsel.de)

Worry phone

Are you desperate or sad?

Are you not feeling well right now?

Here you will find telephone numbers where you can speak confidentially:

Telephone counselling: [0800 1110111](tel:08001110111) or - [1110222](tel:1110222)

Soulphone: [0228 71002425](tel:022871002425)

Child and youth helpline: [0800 1110333](tel:08001110333)

