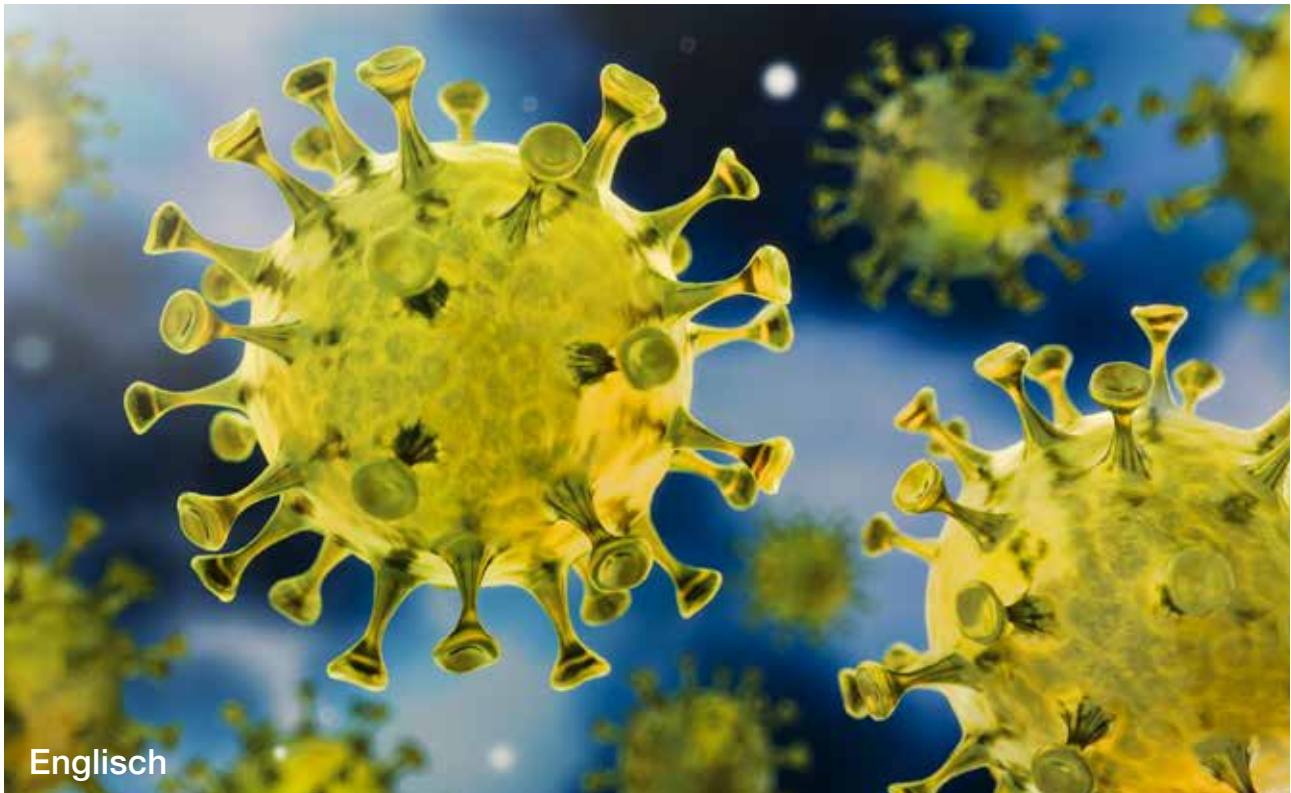


Coronavirus SARS-CoV-2

Information and support



- Vaccination in Munich
- Vaccination options
- Testing options
- Telephone information services
- Information in many languages
- Support services in Munich

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



im Auftrag der Landeshauptstadt München
Gesundheitsreferat



Landeshauptstadt
München

Help us end the pandemic!

Full vaccination offers the best protection from severe coronavirus disease.

However, vaccinated persons can still become infected. This is why we should do our best and keep practicing the most important protective behaviours in our daily lives.

Getting vaccinated allows us to achieve the best possible protection for all.

Vaccines are being tested comprehensively. There are no indications that, for example, women or men could be becoming infertile. The human genetic material is not changed by vaccination.

Unvaccinated pregnant persons who are becoming sick with COVID-19 are at a higher risk of severe disease.

Please find out more from your doctor.

All Munich citizens are offered the opportunity to become informed, to be tested, and to get vaccinated.

Stay healthy!

Vaccination in Munich

There are many opportunities to get vaccinated in Munich: at the 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 have them, please also bring proof of your previous vaccine doses with QR codes with you.

The QR code will make registration at the centre much faster and reduce waiting times.

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



Vaccination centres and vaccination drives

Gasteig vaccination centre

Rosenheimer Straße 5, 81667 München

Tuesday to Saturday from 9 am to 6 pm

S-Bahn station Rosenheimer Platz (follow the signs to Gasteig). The Gasteig vaccination centre provides vaccinations and conducts coronavirus testing.

You do not need an appointment to get vaccinated.

However, making an appointment online is also possible.

Please ask someone who knows German well to help you with registering online at

<https://impfzentren.bayern/citizen/>

Marienplatz vaccination centre, inside the Town Hall

Marienplatz 8 (Rathauseck/Weinstraße),

80331 München

Monday to Sunday from 11 am to 8.30 pm

The Marienplatz vaccination centre (former Sport Münzinger premises) is located in the western wing of the Town Hall on Weinstraße.

You do not need an appointment to get vaccinated.

However, making an appointment online is also possible.

Please ask someone who knows German well to help you with registering online at

<https://impfzentren.bayern/citizen/>

Vaccination at the Olympia Shopping Mall (OEZ)

Hanauer Straße 68, 80993 München

Tuesday to Saturday from 9 am to 6.30 pm

U-Bahn station Olympia Einkaufszentrum (OEZ)

You do not need an appointment to get vaccinated.

However, making an appointment online is also possible.

Please ask someone who knows German well to help you with registering online at

<https://impfzentren.bayern/citizen/>

Vaccination at Pharmacies

Some Munich pharmacies are also offering vaccination. You can find the addresses of pharmacies that provide vaccination on the internet at

www.mein-apotheekenmanager.de

Vaccination in General Medical Practices

Most general practitioners offer coronavirus vaccinations. Please ask your general practitioner and make an appointment.

Vaccination Drives by the Munich Vaccination Team

You can obtain the dates for district vaccination drives by emailing impf_team@muenchen.de

You can also write to this email address if you can't attend for vaccination because of a disability, or if you require an interpreter.

You can also write to this email address if you can't attend for vaccination because of a disability, or if you require an interpreter.

Testing options

In Munich, you can get tested for coronavirus quickly and easily. You can find an overview of testing options and addresses on the internet at www.testen-muenchen.de



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.

Telephone Information and Support Services in German

Gesundheitsreferat der Stadt München (City of Munich Office for Health)

Ph. 089 233-96650

Monday to Friday from 8 am to 6 pm

The City of Munich's Office for Health is available to answer questions regarding infected individuals' personal obligation to isolate.

Impf-Telefon der Stadt München (City of Munich Vaccination Line)

Ph. 089 90429 2222

Monday to Friday from 8 am to 6 pm

On this hotline, the City of Munich offers telephone information about vaccination. Especially those Munich citizens who do not have access to their own internet connection can register for vaccination by telephone.

Bayerische Corona-Hotline (Bavarian Coronavirus Hotline)

Ph. 089 122220

Monday to Friday from 8 am to 6 pm, as well as Saturday from 10 am to 3 pm

This hotline offers information and answers questions regarding the coronavirus pandemic, e.g. on illness and health, coronavirus rules, schools, child care centres, and support for families.

Bayerische Bürger-Hotline (Bavarian Citizens' Hotline)

Ph. 09131 6808-5101

Monday to Friday from 8 am to 6 pm, as well as Saturday from 10 am to 3 pm

The Citizen's Hotline offers advice regarding, for example, medical issues, vaccination, travel regulations, and social restrictions.

BZgA – Telefonberatung zur psychischen Gesundheit

(BZgA – mental health telephone counselling)

Ph. 0800 2322783

Monday to Thursday from 10 am to 10 pm

Friday to Sunday from 10 am to 6 pm

Free counselling regarding mental health concerns.

Information in many languages

Integrationsbeauftragte der Bayerischen Staatsregierung (Commissioner for Integration of the Bavarian State Government)

Information on the coronavirus, vaccination, and Bavaria-specific regulations in many languages at <https://integrationsbeauftragte.bayern.de>

MiMi Zentrum für Integration in Bayern (MiMi Centre for Integration in Bavaria, EMZ e.V.)

The With Migrants for Migrants (MiMi) team provides online information about coronavirus, vaccination, and codes of conduct in the Free State of Bavaria at <https://mimi.bayern/index.php/corona-info-bayern>

Landesamt für Flüchtlingsangelegenheiten in Berlin (Berlin State Office for Refugee Affairs, LAF)

Short audio clips (podcasts) about vaccination and quarantine issues in many languages at www.berlin.de/laf/leistungen/gesundheit/infektionsschutz

The Federal Commissioner for Migration, Refugees and Integration

Information on the coronavirus and protective vaccination in 22 languages at www.integrationsbeauftragte.de/ib-de/staatsministerin/corona

Robert Koch Institute (RKI)

Current information on COVID-19 vaccination with an mRNA vaccine in many languages at www.rki.de/DE/Content/Infekt/Impfen/Materialien/COVID-19-Aufklaerungsbogen-Tab.html

Robert Koch Institute (RKI)

Advice regarding quarantine, registration, testing and certification obligations for travellers entering Germany. This information is available in many languages at www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Transport/Info_Reisende_Tab.html

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

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

Information in German

The Capital City of Munich provides online information about coronavirus and vaccination services at <https://stadt.muenchen.de/infos/corona-infoportal-muenchen.html>

The Bavarian State Ministry for Health and Care Services publishes online information on current coronavirus regulations at www.stmgp.bayern.de/coronavirus/haeufig-gestellte-fragen/#Schnellsuche

The Federal Centre for Health Education (BZgA) provides information on the coronavirus in many languages at www.infektionsschutz.de/leichte-sprache/informationen-zum-corona-virus/

Information and support services in Munich

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-iak.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
Information on counselling in other languages: 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

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/

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

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

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
Website: 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

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

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

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

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

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

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/

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

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/

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

Website: suchthotline.info

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München

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