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## Immediate Attention Emergency Numbers

- Police Phone: 110
- Rescue service and fire brigade / Rettungsdienst und Feuerwehr Phone: 112
- Medical on-call service / Ärztlicher Bereitschaftsdienst Phone: 116117
- Emergency poison control centers (Bayern) Phone: 089 19240
- Pharmacy emergency call Phone: 0800 0022833 (free of charge) / Mobile: 22833 (69 Cent/Minute)

### When do you call the emergency services?

**Phone: 112 (equivalent to 911 in USA/MX/CA) (144 in CH/AT, 999 UAE)**

With the number 112, you can call the ambulance service. It is reserved for acute or possibly even life-threatening emergencies. These include, among others:

- Signs of a heart attack (severe chest pain, shortness of breath, cold sweats),
- Signs of a stroke (visual and speech disorders, paralysis),
- Accidents with serious injuries/high blood loss,
- Powerlessness/unconsciousness,
- Allergic shock (anaphylaxis),
- Intense pain,
- Severe burns,
- Asthma attack (sudden shortness of breath).

If you are not sure whether the condition is or could become life-threatening, dial 112!

The emergency call expert on the phone decides which emergency vehicle is needed for which case and whether an emergency doctor should be on board. In principle however, an ambulance is sent to the scene in almost every emergency.

If there is no acute emergency, but the person concerned needs transport to the nearest hospital and cannot drive himself, the emergency service center will send an ambulance. If it is medically necessary, the health insurance company will cover the costs of the ambulance and the patient transport.

### When do you call the medical on-call service?

Phone: 116117

In urgent but not life-threatening cases, you dial 116117 - the nationwide number for on-call service, also known as emergency service. This is the on-call centre for the on-call medical service, which will direct you to on-call practices that you can visit if necessary. In some cases, a doctor on call will come to your home if your health does not allow you to go to a doctor.

The medical on-call service provides care for both statutory and private patients, and the costs are covered.

Pharmacy emergency call Phone: 0800 0022833 / Mobile: 22833

If you need urgent medication during the night, at the weekend or on a holiday, you can call the pharmacy emergency number to find out which pharmacy is open in your area.

## Police Stations

### Especially in acute cases the police can help you quickly!

#### **Pfarrkirchen Police Station**

Arnstorfer Str. 4  
84347 Pfarrkirchen  
Phone: 08561 96040

#### **Eggenfelden Police Station**

Pfarrer-Findl-Straße 1

84307 Eggenfelden  
Phone: 08721 96050

### **Simbach am Inn Police Station**

Innstraße 63-65  
84359 Simbach am Inn  
Phone: 08571 91390

## **Violence (If you are experiencing any kind of Violence)**

### **Violence against women**

Help phone violence against women  
Phone: 0800 0116016  
Web: <https://www.hilfetelefon.de/en.html>

### **Frauen gegen Gewalt e.V.**

Organization of Women against Violence (English, Turk, Arabic)  
Web: <https://www.frauen-gegen-gewalt.de/en/>

### **Sexual abuse help number and portal**

(anonymous), 6 different languages  
Phone: 0800 2255530  
Web: <https://www.hilfeportal-missbrauch.de/en/homepage.html>

### **Equal Opportunities Office**

District office Passau, Services: guidance confidential, impartial counseling  
Ms. Wagner  
Phone: 0851 397476 City of Passau,  
Ms. Schmied-Recha  
Phone: 0851 396282

## **Women Shelter – Frauenhaus**

### **What is a Women's shelter?**

How does it "work" there?

In an anonymous woman's shelter, women find shelter and protection for a limited time, possibly also with their child or children. Our offer is aimed at Women of full age who are affected by domestic violence (physical as well as psychological), violence in their social environment (workplace, family and circle of friends etc.) as well as sexual and sexualized violence, and other kinds of violence.

### **Frauenhaus Passau**

Phone: 0851 89272

### **Violence against Men**

Domestic violence, violence at work, sexualized violence, stalking or bullying - men are also victims of violence. However, taboos, stigmatization or an outdated understanding of roles prevent men from seeking protection and help.

### **Help Phone violence against men**

Help with any kind of abuse – (no matter if for affected persons or relatives)  
Phone: 0800 1239900  
Monday-Thursday 9:00-13:00 / 16:00-20:00  
Friday: 9:00 -15:00  
Web: <https://www.maennerhilfetelefon.de/>

### **Digital counselling**

Web: <https://bayern-gegen-gewalt.de/hilfe-bei-gewalt/gegen-maenner.php>

Web: <https://www.maennerhilfetelefon.de/>

man-o-mann männerberatung

The man-o-mann männerberatung in Bielefeld is a contact point for men seeking help and provides support for a wide range of difficulties related to violence, partnership, paternity, sexual, psychosomatic or identity problems in the form of individual counselling or group therapy.

Phone: 0521 68676

Mondays and Wednesdays: 10:00- 12:00

Thursdays: 15:00-17:00. Thursdays: 16:00-18:00

Web: <https://man-o-mann.de/>

E-Mail: [maennerberatung@web.de](mailto:maennerberatung@web.de)

### **Schwules Kommunikations- und Kulturzentrum München e.V.**

Strong! LGBTI Fachstelle gegen Diskriminierung und Gewalt

Online, by telephone and personal consultation for queer men, who from domestic and/or sexualized violence were/are affected.

Email: [strong@subonline.org](mailto:strong@subonline.org)

Hotline: 089 856346427

Web: <https://www.subonline.org/beratung/strong/>

Adress: Müllerstraße 14, 80469 München

Monday - Friday: 19:00 - 22:00

Saturday: closed

Sunday: 15:00 - 19:00 hr

MIM – Das Münchner Informationszentrum für Männer e.V.

The MIM center offers services for men who want to renounce the use of violence in the future.

On the other hand, men who are affected by violence find support and help in the MIM center.

Phone: 089 5439556

Monday / Wednesday 10:00 – 12:00 Uhr,

Tuesday / Thursday 12:00 – 14:00 Uhr

Adress: Feldmochinger Str. 6, 80992 München

[info@maennerzentrum.de](mailto:info@maennerzentrum.de)

Web: <https://www.maennerzentrum.de/>

### **Trauma Hilfe Zentrum München e.V.**

Trauma – sensitive counseling for men who suffer from trauma consequences due to domestic and/or sexual violence

Web: <https://www.thzm.de/maennerberatung/>

Adress: Horemansstraße 8 (Rbg) 80636 München Deutschland

Telephone: 089 41327950

Fax: 089 12027901

### **Bundesfach und Koordinierungsstelle Männergewaltschutz**

Here you will find all Männerschutzwohnungen (men shelter across Germany)

Phone: 0351 27566889

mail: [info@maennergewaltschutz.de](mailto:info@maennergewaltschutz.de)

Web: <https://www.maennergewaltschutz.de/hilfe/maennerschutz-und-beratung/>

### **KATHOLISCHER VERBAND FÜR SOZIALE DIENSTE e.V Augsburg**

(Nearest Men Shelter to Pfarrkirchen)

Klinkertorstrasse 12, 86152 Augsburg

Tel: 0821 516569 / 0821 155152

Fax: 0821 5708 7389

E-mail: [infopoint@skm-augsburg.info](mailto:infopoint@skm-augsburg.info)

Opening Times: Mo - Fr: 09:00 - 15:00

**Regionales Männerbüro Landshut**

Seepointweg 8, 84036 Landshut  
Telefon 0871 2760500 or 274960  
Telefax 0871 2760105  
E-Mail: info@maennerbuero-landshut.de

**Men Shelter**

What is a men's shelter?  
How does it "work" there?

In an anonymous men's shelter, men find shelter and protection for a limited time, possibly also with their child or children. Our offer is aimed at men of full age who are affected by domestic violence (physical as well as psychological), violence in their social environment (workplace, family and circle of friends etc.) as well as sexual and sexualized violence, and other kinds of violence.

**Victims Service (If you are a victim of injustice, violence or crime)**

Weißer Ring e.V.  
Assistance and counselling for victims of crimes  
Mr Wagner  
Mobile: 0151 55164647  
E-Mail: wr\_wagner@web.de  
Web: rottal-inn-bayern-sued.weisser-ring.de  
Services include:

- accompanying you to appointments with the police,
- the public prosecutor's office and at court,
- assistance in dealing with the authorities,
- support during financial hardships in connection with the criminal offense.

**Violence against women national hotline**

Help available in 17 languages  
Phone: 08000 116 016

**Rights for victims - Polizeiliche Kriminalprävention**

Here you can find out what rights you have as a victim of a crime and what you can do yourself.  
This Web informs you about:

- How and where injured parties can report a crime
- How a police investigation is conducted
- What happens to it afterwards
- How you can obtain compensation if necessary, and
- Where you can get further support and information

Web: <https://www.polizei-beratung.de/opferinformationen/opferrechte/>

**Counseling and help in crisis situations (Also if you just need someone who listens to you)****STUCOS (Student Counselling Service)**

Possibility to talk coincidentally about problems and general issues of daily life and social integration, conflicts with students, professors or live in general. Psychological stress related to study.

Email: stucos-ecri@th-deg.de

### **TELEFONSELSORGE** (Phone Counselling)

24 hours anonymous consultation, free of charge (also via Mobile Phone)

Phone: 0800 1110111 or 0800 1110222

### TELEFONSELSORGE APP "KrissenKimpass App"

It is a kind of emergency case for crisis situations. It includes multiple functionalities and informations so as calming techniques. It also enables direct contact possibilities to the TelefonSeelsorge so as other professional contact points.



Apple Store



Google play

### **Kreis-Caritasverband Rottal-Inn e.V.**

Help for all kinds of stress situations, including violence, drugs, financial crisis, Services up to the age of 27

#### **Streetwork Pfarrkirchen**

Pflegstraße 15, 84347 Pfarrkirchen

Mobile: 0151 12188825

E-Mail: [streetwork@caritas-rottal-inn.de](mailto:streetwork@caritas-rottal-inn.de)

Counseling per chat is available

#### **Streetwork Simbach**

Kreis-Caritasverband Rottal-Inn e.V.

Kirchenplatz 3, 84359 Simbach

Mobil: 0152 33796686

E-Mail: [streetwork-simbach@caritas-rottal-inn.de](mailto:streetwork-simbach@caritas-rottal-inn.de)

#### **Streetwork Eggenfelden**

Katholische Jugendfürsorge der Diözese Regensburg e.V.

Landshuter Straße 34, 84037 Eggenfelden

Mobil: 0151 46711561

E-Mail: [s.wasner@streetwork-eggenfelden.de](mailto:s.wasner@streetwork-eggenfelden.de)

#### **Kath. Jugendfürsorge Regensburg**

Counselling centre for children, young people and parents

Rottal-Inn Landshuter Straße 34

84307 Eggenfelden

Phone: 08721 125330

E-Mail: [info@beratungsstelle-eggenfelden.de](mailto:info@beratungsstelle-eggenfelden.de) / Counseling per chat available

### **Depression**

#### **Sozialpsychiatrischer Dienst des BRK** (socio-psychiatric service)

When you experience mental stress and for relatives of mentally ill in Pfarrkirchen and Eggenfelden

Pfarrkirchen, Simbach u. Eggenfelden

Phone.: 08561 238990

E-Mail: [spdi@kvrottal-inn.brk.de](mailto:spdi@kvrottal-inn.brk.de)

#### **STUCOS** (Student Counselling Service)

Possibility to talk coincidentally about problems and general issues of daily life and social integration, conflicts with students, professors or live in general. Psychological stress related to study.

Email: [stucos-ecri@th-deg.de](mailto:stucos-ecri@th-deg.de)

**Bündnis gegen Depression Rottal-Inn** (Organization against depression)

Rottal-Inn Kliniken Pfarrkirchen

Am Griesberg 1

84347 Pfarrkirchen

Phone: 08561 9810

E-Mail: [info@rottalinnkliniken.de](mailto:info@rottalinnkliniken.de)

**Sexual Abuse**

**Sexual abuse** Help number and portal (anonymous), 6 different languages

Phone: 0800 2255530

Web: <https://www.hilfeportal-missbrauch.de/en/homepage.html>

**STUCOS** (Student Counselling Service)

Possibility to talk coincidentally about problems and general issues of daily life and social integration, conflicts with students, professors or live in general. Psychological stress related to study.

Email: [stucos-ecri@th-deg.de](mailto:stucos-ecri@th-deg.de)

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**Weißer Ring e.V.**

Assistance and counselling for victims of crimes

Mr Wagner

Mobile: 0151 55164647

E-Mail: [wr\\_wagner@web.de](mailto:wr_wagner@web.de)

Web: [rottal-inn-bayern-sued.weisser-ring.de](http://rottal-inn-bayern-sued.weisser-ring.de)

Services include:

- accompanying you to appointments with the police,
- the public prosecutor's office and at court,
- assistance in dealing with the authorities,
- support during financial hardships in connection with the criminal offense.

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Telephone: 089 41327950

Fax: 089 12027901

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This Web informs you about:

- How and where injured parties can report a crime
- How a police investigation is conducted
- What happens to it afterwards

- How you can obtain compensation if necessary, and
  - Where you can get further support and information
- Web: <https://www.polizei-beratung.de/opferinformationen/opferrechte/>



## Religious Organizations (For religious Oriented Counseling)

Central Welfare Office of the Jews in Germany (ZWST)

Web: <https://www.zwst.org/>

Catholic Parish of Pfarrkirchen

Pflegstr. 22, 84347 Pfarrkirchen

Tel.: 08561 98 77 920

Fax: 08561 98 77 929

E-mail: [pfarramt.pfarrkirchen@bistum-passau.de](mailto:pfarramt.pfarrkirchen@bistum-passau.de)

Internet: [www.pfarrverband-pfarrkirchen.de](http://www.pfarrverband-pfarrkirchen.de)

DITIB - Türkisch-Islamische Union der Anstalt für Religion e.V.

DITIB - Islamische Seelsorge

Venloer Str. 160, 50823 Köln

Telefon: +49 221 50 800 210

Telefax: +49 221 50 800 100

E-Mail: [seelsorge@ditib.de](mailto:seelsorge@ditib.de)

## University Related (Problems related to the University)

### **STUCOS** (Student Counselling Service)

Possibility to talk coincidentally about problems and general issues of daily life and social integration, conflicts with students, professors or live in general. Psychological stress related to study.

Email: [stucos-ecri@th-deg.de](mailto:stucos-ecri@th-deg.de)

## Studentenwerke (Student Associations)

### **Studentenwerk Niederbayern**

Student Association for universities in Niederbayern and Oberpfalz:

„We are the prime address for catering on campus, student accommodation, the financing of studies, cultural support and consultation in all matters regarding studies. Additionally we support KITAs that look after students' children and help international students to feel at home in their university city. “

Dieter Görnitz-Platz 1 (Building F) Room: F101

94469 Deggendorf

Person of contact: Esra Koch

Phone: 0991 3615601

E-Mail: [info-punkt-deg@stwno.de](mailto:info-punkt-deg@stwno.de)

Web: <https://stwno.de/en/>

### **Deutsches Studentenwerk**

General topics about living in Germany as a Student

<https://www.studentenwerke.de/en/content/work-studentenwerke>

### **Studentischer Konvent**

(General Problems Related to the University)

[studentischevertretung@th-deg.de](mailto:studentischevertretung@th-deg.de)

## Renter rights and help

Information in English online:

Website: <https://www.mieterverein-muenchen.de/englische-informationen/>

Mieterschutzverein Burghausen und Umgebung e.V.

Tittmoninger Str. 4

84489 Burghausen

Phone: 08677 912110

Fax: 08677 912111

E-Mail: [info@mieterschutz-bgh.de](mailto:info@mieterschutz-bgh.de)

### **Social and debt counselling**

Caritas in Pfarrkirchen and Simbach am Inn

Phone: 08561 960715

### **Caritas Social Counselling Eggenfelden**

Phone: 08721 911105

### **Social Counselling Diakonie Eggenfelden**

Mobile: 0151-17 48153808721/ 125330

### **Deutscher Mieterbund**

Website: <https://www.mieterbund.de/startseite.html>

## Health Related

### Health Emergency

Ambulance Service:

Phone 112 (equivalent to 911 in USA/MX/CA) (144 in CH/AT, 999 UAE)

Medical on-call service / Ärztlicher Bereitschaftsdienst Phone:

116117

Emergency poison control centers (Bayern) Phone:

089 19240

Pharmacy emergency call Phone:

0800 0022833 (free of charge) / Mobile: 22833 (69 Cent/Minute)

Dental emergency service

Bavaria's dental emergency service is available 24 hours on all weekends, holidays and single days between holidays and weekends

Please look on the following link: <https://www.notdienst-zahn.de/index.php?id=7&L=1>

Red Cross Pfarrkirchen

Phone: 08561 23390

Arno-Jacoby- Str.7

Social Psychiatric Service

Phone: 08561 238990

Arno-Jacoby- Str.7

### Krankenkassen with local offices

Disclaimer: This list of contacts does not promote any of the named non private insurance companies, every individual living in the Federal Republic of Germany has the freedom to choose or change to the insurance company of their preference.

AOK Bayern  
Service & Consulting  
Mrs Hase  
Phone: 089 228424171

AOK Bayern Direktion Pfarrkirchen  
Schäfflerstraße 16  
84347 Pfarrkirchen  
Phone: 08561 230

BARMER  
Ringstr. 20  
84347 Pfarrkirchen  
Mr J. Damböck  
Phone: 0800 333004 205618  
E-Mail: josef.damboeck@barmer.de

Techniker Krankenkasse (TK)  
Nibelungpl. 1-2,  
94032, Passau  
Phone: 0800 2858585  
Web: <https://www.tk.de/en>

DAK  
Stadplatz 44,  
84453, Mühldorf  
Phone: 08631 167550  
Email: [service735200@dak.de](mailto:service735200@dak.de)  
Web: <https://www.dak.de/dak/beste-krankenkasse-fuer-familien-2082046.html#/>

### Doctors in Pfarrkirchen

Disclaimer: This list of contacts does not promote any of the named non private insurance companies, every individual living in the Federal Republic of Germany has the freedom to choose or change to the insurance company of their preference.

List created by the city of Pfarrkirchen.  
In this page you can find doctors in the region so as specialist.  
Web: <https://pfarrkirchen.de/leben-wohnen/gesundheitswesen.html>

General browser of the AOK.  
In this page you can find doctors in the region so as specialist  
Web: [https://weisse-liste.arzt.aok-arztnavi.de/de/arzt/arztsuche/ergebnisliste/?&searchPlz=84347+Pfarrkirchen+%28Zentrum%29&searchDistance=KM\\_10&offset=0&limit=50](https://weisse-liste.arzt.aok-arztnavi.de/de/arzt/arztsuche/ergebnisliste/?&searchPlz=84347+Pfarrkirchen+%28Zentrum%29&searchDistance=KM_10&offset=0&limit=50)

General browser of the TK.

In this page you can find doctors or psychologists in the region, able to communicate in English, German and other languages.

Web: <https://www.tk-aerztfuehrer.de/TK/englische-suche.htm>

### Local Hospitals

Rottal-Inn Kliniken Pfarrkirchen

Am Griesberg 1, 84347 Pfarrkirchen

Phone: 08561 9810

Web: [https://www.rottalinnkliniken.de/rottal\\_inn\\_kliniken/rottal-inn-kliniken.php](https://www.rottalinnkliniken.de/rottal_inn_kliniken/rottal-inn-kliniken.php)

Rottal-Inn Kliniken Eggenfelden

Simonsöder Allee 20, 84307 Eggenfelden

Phone: 08721 9830

E-Mail: <https://www.rottalinnkliniken.de/>

Klinikum Passau

Innstraße 76, 94032 Passau

Phone: 0851 53000

Web: <https://www.klinikum-passau.de/index.php?id=665>

Donauisar Klinikum Deggendorf

Perlasberger Str. 41, 94469 Deggendorf

Phone: 0991 3800

Web: <https://www.donau-isar-klinikum.de/unser-klinikum/standort-deggendorf/?ss=degg>

## Marriage Family and life counselling

### Familiy Planing and Sex Education

#### Pfarrkirchen

For questions about life planning, advice for injured parties and offenders in Pfarrkirchen and Simbach  
Phone: 08671 1862

#### Pro Familia

German Society for Family Planning, Sex Education and Sexual Counselling  
Phone: 0851 53121  
E-Mail: [passau@profamilia.de](mailto:passau@profamilia.de)  
Web: [www.profamilia-niederbayern.de](http://www.profamilia-niederbayern.de)

#### Single Parents

Web: [https://www.stmas.bayern.de/fibel/sf\\_a027.php](https://www.stmas.bayern.de/fibel/sf_a027.php)

#### Families with children with disabilities

Web: <https://www.stmas.bayern.de/erziehungsberatung/behinderung/index.php>

#### (financial) help for pregnant women, families and children

Web: <https://www.stmas.bayern.de/finanziell-entlasten/index.php>

#### Landratsamt

Rottal-Inn, Ringstraße 4-7

84347 Pfarrkirchen

Phone: 08561 200

Web: <https://www.rottal-inn.de/buergerservice-formulare/soziales-soziale-angelegenheiten/schwangerschaftsberatung/>

#### Beratungstlle für Kinder, Jugendliche und Eltern Rottal-Inn

Kath. Jugendfürsorge Regensburg

Beratungsstelle für Kinder, Jugendliche und Eltern Rottal-Inn

#### Eggenfelden

Landshuter Straße 34, 84307 Eggenfelden

Telefon: 08721 125330

#### Pfarrkirchen

Lindnerstraße 1, 84347 Pfarrkirchen

#### Simbach

Münchener Str. 2a, 84359 Simbach/Inn

### Pregnancy & Unwanted Pregnancy

#### Beratung & Geburt Vertraulich

Pregnancy counselling anonymous and safe from the federal Ministry of Family Affairs, Senior Citizens, Women and Youth.

Phone: 0800 4040020

Web: <https://www.geburt-vertraulich.de/en/home/>

#### Pregnant in Bayern (Pregnancy counselling)

Web: <https://www.schwanger-in-bayern.de/index.php>

#### Pregnant Woman in Danger

Phone: 0800 4040020

#### Everything about pregnancy

Web: <https://www.schwanger-in-bayern.de/>

Unwanted pregnancy

Web: <https://www.schwanger-in-bayern.de/kein-kind/ungewollt/index.php>

Single Parents

Web: [https://www.stmas.bayern.de/fibel/sf\\_a027.php](https://www.stmas.bayern.de/fibel/sf_a027.php)

Preventive medical checkups: Safety for mother and child

Web: <https://www.familienplanung.de/schwangerschaft/schwangerschaftsvorsorge/vorsorge-zur-sicherheit/>

(financial) help for pregnant women, families and children

Web: <https://www.stmas.bayern.de/finanziell-entlasten/index.php>

Landratsamt Rottal-Inn

Ringstraße 4-7, 84347 Pfarrkirchen

Phone: 08561 200

Web: <https://www.rottal-inn.de/buergerservice-formulare/soziales-soziale-angelegenheiten/schwangerschaftsberatung/>

Staatlich anerkannte Beratungsstelle für Schwangerschaftsfragen Gesundheitsamt / Landratsamt Passau

Passauer Straße 33, 94081 Fürstenzell

Tel.: 0851 397800

Web: <https://www.schwanger-in-passau.de//cu.htm>

Schwanger in Deggendorf

Pater-Fink-Straße 8, 94469 Deggendorf

Phone: 0991 3100311

Fax: 0991 310041313

E-Mail: [schwangerenberatung@lra-deg.bayern.de](mailto:schwangerenberatung@lra-deg.bayern.de)

Web: [www.schwanger-in-deggendorf.de](http://www.schwanger-in-deggendorf.de)

DONUM VITAE in Bayern

Am Stadtpark 12, 94469 Deggendorf

Phone: 0991 371966

E-Mail: [deggendorf@donum-vitae-bayern.de](mailto:deggendorf@donum-vitae-bayern.de)

Web: <https://deggendorf.donum-vitae-bayern.de/>

Sexual abuse help number and portal

(anonymous), 6 different languages

Phone: 0800 2255530

Web: <https://www.hilfeportal-missbrauch.de/en/homepage.html>

### Addiction counselling

Deutsche Hauptstelle für Suchtanfragen e.V.

In this webpage you can look for contacts that can provide you help regarding eating disorders, tobacco addiction, alcohol problems, illegal drug addiction, medication addiction (ex Xanax), and gambling problems. This webpage provides with a list of all institutions and contacts in 14 different languages in Germany.

Web: <http://www.suchthilfeverzeichnis.de/>

Psychosocial counselling and treatment, Addiction counselling

Bahnhofstraße 23 (in the station building, 1st floor)

84347 Pfarrkirchen

Phone: 08561 984180

Fax: 08561 9841820

Email: [verwaltung@psbb-pan.de](mailto:verwaltung@psbb-pan.de)

Suchthotline München (Help for Bulimia Anorexia, and eating disorders)

Web: <http://www.suchthotline.info/essstoerungen-hilfe-beratung-information-muenchen-bulimie-magersucht-adipositas.php>

### Selbsthilfe Gruppen/Support Groups

Diverse Groups

Web: <https://www.seko-bayern.de/>

Selbsthilfe-Kontaktstelle Deggendorf/Niederbayern des Diakonischen Werk Landshut e.V.

Am Stadtpark 12 / Erdgeschoss

94469 Deggendorf

Kornelia Thomanek-Kotios

Phone: 0991 29795541

E-Mail: [kthomanek@diakonie-landshut.de](mailto:kthomanek@diakonie-landshut.de)

#### Addiction

Runder Tisch Niederbayern

Ulrike Pleintinger

Phone: 0991 29795542

E-Mail: [upleintinger@diakonie-landshut.de](mailto:upleintinger@diakonie-landshut.de)

Anonyme Alkoholiker (Pfarrkirchen)

AOK-Haus

Schäfflerstr 16, 84347 Pfarrkirchen

Phone: Wolfgang: 08532 8838 Horst: 08532 3411

Fridays 19:00

Anonyme Alkoholiker (Eggenfelden)

Kloster Eggenfelden

Fanziskanerplatz 1, 84307 Eggenfelden

Phone Hans: 08721 782208

Phone Mathilde: 08721 4817

#### Health related

CA Selbsthilfegruppe Krebs (Cancer)

For people living with cancer in Rotall-Inn

Stadtplatz, 84307 Eggenfelden

Every second Friday.

Monika Buhl

Phone : 08721 126705

Christina Schmelzer  
Phone: 0170 5428047

Depression  
AOK Eggenfelden  
Karl-Rolle-Str 4, 84307 Eggenfelden  
Phone: Marion 0175 8835118  
Every Thursday 19:00

Diabetes  
Wohnstift Pater Weiß  
Pater-Viktrizius-Weiß-Straße 64-66, 84307 Eggenfelden  
Contact: Peter Schmidt  
Phone: 08721 3000  
Email: info@marienapoeg.de

People with disabilities  
Offene Behindertenarbeit Rottal-Inn  
Landshuter Str. 34, 84347 Eggenfelden  
Contact: Gerlinde Fechter  
Phone: 08721 125310  
Email: info@oba-rottal-inn.de  
Web: <https://www.oba-rottal-inn.de/start;jsessionid=68382CA7C39D152C3F0C5027D54E4D97>

Help groups for multiple sclerosis  
Web: <https://www.dmsg-bayern.de/wir-helfen/selbsthilfe-gruppen/selbsthilfegruppen-niederbayern/>

Help for multiple sclerosis  
Haus der Pfarrgemeinde  
Kirchenplatz 3, 84307 Eggenfelden  
Phone: 08721 1812  
Email: info@pfarrei-eggenfelden.de  
Web: <http://www.pfarrei-eggenfelden.de/>  
Anita Hölzl: 08721 4395  
Every last Thursday of the month on 14:00

## Sexual Transmitted diseases STDs

Web: <https://en.aidshilfe.de/sexually-transmitted-infections>

The counselors are available to answer any questions you may have about HIV/AIDS and other sexually transmitted infections. They are also happy to give you information about:

- finding personal counseling in your area
- where you can have an HIV test
- treatment called post-exposure prophylaxis, or PEP, if you think you have been exposed to HIV (see also In case of emergency)
- AIDS service organizations, self-help groups, HIV specialist doctors and other help in your city or region.

### General STDs

All STDs

Web: <https://www.liebesleben.de/>

Web: <https://www.liebesleben.de/en/>

Web: <https://www.liebesleben.de/fuer-alle/online-beratung/> (online counseling)

Bundeszentrale für Aufklärung BzgA (National Center for advice)

Questions related to STDs, HIV and Drug prevention

Phone: 0221 892031

Landratsamt FB Gesundheit

Ringstr. 6, 84347 Pfarrkirchen

Phone: 08561 20412

E-Mail: [ludwig.mueller@rottal-inn.de](mailto:ludwig.mueller@rottal-inn.de)

Web: <https://www.aidshilfe.de/adresse/pfarrkirchen>

Health Office

Gesundheitsamt im Landkreis Passau

Passauer Straße 33, 94081 Fürstenzell

Phone: 0851 397800

E-Mail: [gabriele.bareuther@landkreis-passau.de](mailto:gabriele.bareuther@landkreis-passau.de)

Web: <https://www.landkreis-passau.de/senioren-gesundheit-soziales/gesundheitsamt-passau/uebertragbare-krankheiten/>

HIV/AIDS

German AIDS Help

AIDS Hilfe.e.V

Web: <https://en.aidshilfe.de/>

Bayerische AIDS-Stiftung e. V.

Biedersteiner Str. 29, 80802 München

Phone: 089 349394 / 089 349962

E-Mail: [beratungsstelle@aids-stiftung-bayern.de](mailto:beratungsstelle@aids-stiftung-bayern.de)

Web: <https://www.aids-stiftung-bayern.de/>

Health Office

Gesundheitsamt im Landkreis Passau

Passauer Straße 33, 94081 Fürstenzell

Phone: 0851 397800

E-Mail: [gabriele.bareuther@landkreis-passau.de](mailto:gabriele.bareuther@landkreis-passau.de)

Web: <https://www.landkreis-passau.de/senioren-gesundheit-soziales/gesundheitsamt-passau/uebertragbare-krankheiten/>

Landratsamt FB Gesundheit  
Ringstr. 6, 84347 Pfarrkirchen  
Phone: 08561 20412  
E-Mail: ludwig.mueller@rottal-inn.de  
Web: <https://www.aidshilfe.de/adresse/pfarrkirchen>

Bundeszentrale für Aufklärung BzgA (National Center for advice)  
Questions related to STDs, HIV and Drug prevention  
Phone: 0221 892031

### Important Insurances in Germany besides the Health Insurance (Liability & Legal Protection)

In addition to health insurance, which is mandatory for studying in Germany, it can also be useful to take out liability and a legal protection insurance.

#### **What is liability insurance?**

In Germany, there is a law that states that everyone is liable for the damage they cause to others. The person causing the damage is liable with his salary, his savings or even his property. Liability insurance covers such damages as long as they are not caused willfully

#### **What is a legal protection insurance?**

Your reliable back-up in the event of legal disputes. For example, if you are in a dispute with your landlord, boss or accident opponent.

Deutsches Studentenwerk  
Insurances for Students  
<https://www.studentenwerke.de/en/content/insurances-students>