



Landeshauptstadt  
München  
**Sozialreferat**

# Munich's Sozialbürgerhäuser

Advice and help –  
very close at hand



**Wir sind München**  
für ein soziales Miteinander

## Dear residents of the federal capital city of Munich,

Anybody can find themselves in social hardship. Particularly in challenging times, it could be that one temporarily has to rely upon support and help.

The Sozialbürgerhaus (SBH) near your home is there to provide you with extensive advice, support and help – all under one roof. Which Sozialbürgerhaus you need to contact depends on your residential address.

Help is available to all Munich residents, independent of gender, cultural or social origin, age, religion, ideology, disability and sexual or gender identity. The Sozialbürgerhäuser provide you with free, confidential advice.

Don't be afraid to get in touch with your Sozialbürgerhaus if you find yourself in social hardship.



*Verena Dietl*

**Verena Dietl**  
Third Mayor



*D. Schiwy*

**Dorothee Schiwy**  
Head of Social Services

- > **Do you require advice and help in a particular life situation?**
- > **Are you in financial difficulty?**
- > **Do you require support in old age?**
- > **Are you facing problems in your family or partnership?**
- > **Do you have questions about raising your children or are you looking for childcare?**
- > **Are you struggling to pay your rent or under threat of eviction?**
- > **Have you lost your job?**

Whichever social hardship you may find yourself in, we are on hand to provide advice, support and arrange coordinated help together with you and other social services.

## **Give us a call and arrange a personal appointment!**

### **You can reach us:**

Monday to Wednesday from 08:00-16:00  
Thursday from 08:00-17:00  
Friday from 08:00-13:00

**Telephone: +49 89 233-96833**

or online at [muenchen.de/sbh](https://muenchen.de/sbh)

Here you can find the latest information, contact details and email addresses of the individual Sozialbürgerhäuser.

Entering your residential address will bring up which Sozialbürgerhaus you need to contact.

Deaf and hearing-impaired persons, as well as people close to them, should contact Sozialbürgerhaus Laim-Schwanthalerhöhe.

## **You can reach the Munich Jobcenter in the Sozialbürgerhäuser**

Monday to Friday from 08:00-12:00  
Thursday from 08:00-12:00 and 14:00-17:00

**Telephone: +49 89 45355-0**

Here you can find all the information about how to contact the Munich Jobcenter:

[jobcenter-muenchen.de/service](https://jobcenter-muenchen.de/service)  
or  
[twitter.com/jobcenterM](https://twitter.com/jobcenterM)

Experience has shown that waiting times are usually shorter from 08:00 until 10:00.

Outside of these opening hours or in an emergency, please contact the following places:

**[muenchen.de/nothilfe](https://muenchen.de/nothilfe)**



[muenchen.de/sbh](https://muenchen.de/sbh)



[jobcenter-muenchen.de](https://jobcenter-muenchen.de)

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