First aid after rape

The emergency room offers initial medical care and confidential forensics.
Your health and well-being come first! Medical care should be provided promptly, even if you have no externally visible injuries. Check-ups for sexually transmitted diseases or a potential pregnancy are important.

If you wish, forensic traces and injuries can be documented and secured during the medical examination without you having to file a complaint.

In the Munich clinics listed opposite, initial medical care and confidential forensics are carried out according to uniform standards.

Confidential forensics will give you time to decide whether or not to press charges. The findings can, if necessary, support a complaint because they make the details of the crime verifiable.

The doctors are specially trained and are bound to confidentiality. The police may not be informed without your consent. The evidence collected will be stored confidentially.

If you wish to press charges later, inform the police of the forensic evidence. If no report is made, the evidence will be destroyed after 6 months.

Medical care and confidential forensics are free of charge for you. Please bring your insurance card with you to the clinic if possible.
Get the medical care you need! Before the examination, there will be time and opportunity for a personal consultation with the doctor.

Possible traces can be secured within the first 72 hours (3 days). You decide whether you want this.

Even if it is difficult, avoid showering before the examination!

If knockout drops are suspected, everything has to happen very quickly. Many substances can no longer be detected after 6 to 12 hours.

You can be accompanied by a person of trust.

Take notes on the sequence of events.

Contact a counseling center for psychosocial support.

You have the right to medical care and to decide whether and when you want to report the incident.

No one is allowed to send you away.

You cannot be pressured into preserving evidence or making a report.

The police may not be informed without your express consent.

We help, you decide!

Additional information: frauennotruf-muenchen.de/erste-hilfe
Women’s emergency number in Munich: 089 - 76 37 37
München Klinik Harlaching
Emergency Center
Sanatoriumsplatz 2, 81545 München
Telephone: 089 - 6210 6666
*around the clock*

Klinikum Dritter Orden
Emergency Admissions Adult Clinic
Menzinger Str. 44, 80638 München
Telephone: 089 - 1795 1450
*around the clock*

Gynecology Clinic of München Klinik Schwabing
Kölner Platz 1, 80804 München
Haus [Building] 25, 4. Stock [4th upper floor (5th floor)]
Telephone: 089 - 3068 0
(ask for a gynecology service physician)
**Monday until Friday: 8 AM until 6 PM, on weekends and holidays: 10 AM until 6 PM**
outside of these times:
Ward 25g, Building 25, 2nd upper floor [third floor]
Telephone: 089 - 3068 0

LMU Klinikum, Campus Innenstadt
Outpatient Gynecology Clinic
Ziemssenstraße 1, 80336 München
Telephone: 089 - 4400 34611
**Monday until Friday: 8 AM until 4 PM**
*after 4 PM, on weekends and holidays:*
Central Emergency Admissions
Innenstadt
Ziemssenstraße 5, 80336 München
Telephone: 089 - 4400 31100

LMU Klinikum, Campus Großhadern
Gynecology Outpatient Clinic
Marchioninistr. 15, 81377 München
Telephone: 089 - 4400 76800
**Monday until Friday: 8 AM until 4 PM**
*after 4 PM, on weekends and holidays:*
Central Emergency Admissions
Großhadern
Marchioninistr. 15, 81377 München
Telephone: 089 - 4400 44800
Klinikum Rechts der Isar der TUM
Outpatient Gynecology Clinic
Ismaninger Str. 22, 81675 München
in the basement of Building 504, yellow zone
Telephone: 089 - 4140 2446
Monday until Friday: 8 AM until 8 PM
after 8 PM, on weekends and holidays:

Emergency Admissions
Klinikum Rechts der Isar
Ismaninger Str. 22, 81675 München
Telephone: 089 - 4140 209

München Klinik Neuperlach
Emergency Center
Oskar-Maria-Graf-Ring 51, 81737 München
Telephone: 089 - 6794 2572
around the clock

Do not remain alone with your experience!
Contact a counseling center and get advice and support.
You are entitled to help!

Counseling center
Women’s Emergency number in Munich
frauennotruf-muenchen.de
Telephone: 089 - 76 37 37

Counseling center for girls and young women – IMMA e.V.
imma.de
Telephone: 089 - 260 75 31

Help hotline – Violence against women
Round-the-clock telephone counseling
Telephone: 116 016
Every rape is an emergency!

Many women are afraid to tell others after being raped. They feel (partly) guilty, ashamed and fear that they will not be believed - especially if the perpetrator is known to them.

How a woman reacts to rape varies greatly from person to person. There is no generally valid reaction. Every behavior and every feeling is “right“ and appropriate.

Many victims are obviously shaken, others appear calm and controlled, as if uninvolved. All symptoms are an attempt to deal with the experience. There may be gaps in memory or difficulties in placing what has happened in chronological order. This is normal.

If you have been raped, you are probably unsure about what to do next. A first step could be to go to the clinic.