



First aid after rape

NOTAUFNAHME



The emergency room offers
initial medical care and
confidential forensics.

Information for victims of sexual violence

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.

The most important information at a glance

- 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



Addresses and contact points

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

Marchioninstr. 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

Marchioninstr. 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 5222

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.

Publisher:
Landeshauptstadt München
Health department
Bayerstraße 28a
80335 Munich
muenchen.de/gsr

This campaign was implemented in cooperation with the Equal Opportunities Office for Women of the City of Munich as part of Munich's action plan against gender-based violence: www.gleichberechtigung-schuetzt-vor-gewalt.de/aktionsplan

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Text editing: Maïke Bublitz, Frauennotruf München
Version: 07/2024 – English