

# Support & help in Malmö



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# Social Services Assistance



## The Social Services Hotline

Are you in need of help during evenings, nights, and weekends? The social services hotline is for people who have problems and need someone to talk to. You can call the social services hotline in emergency situations of social service nature that cannot wait until the next weekday, when the ordinary social services are open. The social services hotline deals with all such emergency situations in Malmö and Burlöv municipality after office hours. You can also contact the social services hotline for information and counselling.

NOTE! EU-migrants can get help with one overnight stay/accommodation and the journey back home.

**Phone number: 040-34 56 78**

**Phone hours: Weekdays 16-08**

**Weekends & holidays: all hours**

## Social Services Emergency Help

For urgent matters, contact social services for help after normal working hours. This can be for example addiction issues, domestic violence, or other concerns.

**NOTE! For life-threatening instances, call 112.**

**Phone number: 040-34 56 78**

**Opening hours: weekdays 16-08.**

**Weekends & holidays: all hours**

# Healthcare

## Medical Information Hotline

Free medical counselling over the phone, available 24/7.

**Phone number: 1177**

**Website: [www.1177.se/skane](http://www.1177.se/skane)**

Info on the right of asylum seekers & undocumented migrants to access healthcare, use address <https://www.1177.se/en/Skane/other-languages/other-languages/soka-var-d/vard-om-du-ar-asylsokan-de/> Or google "1177 care asylum seeker". Or scan the qr code.



## Psychiatric Emergency Ward Malmö

Emergency only. Receives everyone with psychiatric issues aged 18 or older. The phone line is open around the clock for advice and information. You may take a friend or family member with you for support.

**Address: Carl Bertil Laurells gata 7, Malmö**

**Phone number: 040-33 80 00 (open 24/7)**

## Psychiatric Ambulance

The psychiatric ambulance is operating 15-01 o'clock at night.

It serves the municipalities of Svedala, Skurup, Vellinge, Malmö and Trelleborg. For critical psychiatric conditions, like psychosis or suicidal situations, call 112.

## BRIS – Children's Rights in Society

BRIS has a hotline for children (up to age 18) who need help and protection, or just somebody to talk to. BRIS also has telephone lines in Ukrainian and Arabic that are available to children, young people and parents. All phone lines are free and anonymous.

**Phone number: 116 111 (24/7)**  
**Telephone line, Ukrainian: 020-484848,**  
**Telephone line Arabic: 020-440800**

## **Victim Support Sweden**

Helps and supports victims, witnesses and others affected by crime. Emotional support, practical help, information and support to apply for crime victim compensation.

**Phone number: 116 006**

## **Refugee Healthcare Center**

Flyktinghälsan - healthcare center for asylum seekers living in Malmö. Free medical counselling by a nurse, and treatment by a nurse, doctor or counsellor. If you have a card from Migrationsverket (LMA card), it's important you bring it, and that you know your address. This is for the registration in their database. If you don't have an LMA card, you are also welcome.

**Address: Bennets väg 8, Malmö**

**Phone number: 040-623 97 00**

**Phone hours: Monday-Friday 08.30-09.30 & 13-15**

**Drop-in: Weekdays 08.30-11**

**Other hours are reserved for booked appointments.**

## **The Public Health Agency of Sweden**

Folkhälsomyndigheten. Official website for general questions on public health issues at a national level.

**Website:** <https://www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/about-us/>

Or google "about public health agency of sweden". Or scan the qr code.



## Healthcare

### Fellow Human On-Call

Hotline for people who need to talk to someone during the night.  
Anonymous chat also available.

**Phone number: 08-702 16 80**

**Chat: [jourhavande-medmanniska.se/chatt/](https://jourhavande-medmanniska.se/chatt/)**

**Opening hours: Every day 21-06 (chat Sat-Tue 21-24)**

### Online Support Chat for Young Males

Advice and support for you who identify as male (age 10-25).  
Anonymous chat.

**Website: [killar.se/en](https://killar.se/en)**

**Chat operating hours: Sunday-Thursday 19-21**

**Email for contact with a counsellor: [kuratorn@killar.se](mailto:kuratorn@killar.se)**

### Sweden's National Women's Helpline

Kvinnofridslinjen is a helpline for women who have been subjected to threats and/or physical, psychological and sexual violence. Relatives and friends are also welcome to call. Your call is anonymous and will not show up on the phone bill.

**Phone number: 020-50 50 50 (24/7)**

### MIND

MIND offers a support phone line for elderly people who are mentally unwell or just want someone to talk to.

**Phone number: 020-22 22 33**

**Phone hours: Monday - Thursday 08-19**

## Doctors of the world

Doctors of the world has a non-profit clinic in Malmö. The clinic is located in the basement of St. Maria Church, Södervärnsgatan 8 and has a medical and a psychosocial part.

The medical section has doctors, trainee doctors, nurses and assistant nurses for medical examinations and assessments, light care, referrals, prescription and information about one's right to care based on one's legal status. There is no midwifery clinic but some of the volunteers are midwives. We also offer HIV testing and some contraception. **No booking is needed, only drop in.**

The psychosocial section includes a psychologist, PTP psychologist, social worker and counselor who offer psychosocial support sessions and NET treatment (for PTSD). **To come to a support session with a psychologist, you need to book in advance.**

Everything at Doctors of the World's clinics is free of charge and interpreters are available. Doctors of the World also offers legal advice, where you have to book an appointment.

The clinic is for those who have limited rights to subsidized healthcare in Sweden. Undocumented migrants, asylum seekers, persons covered by the Mass Refugee Directive who are not registered in the population register, EU citizens who do not have a European Health Insurance Card, and third-country nationals who do not have health insurance.

**Address: S:ta Maria Kyrka, Södervärnsgatan 8, Malmö**

**Telephone: 0762107383 or via the switchboard:**

**010-1299809**

**E-mail: [skane@lakareivarlden.se](mailto:skane@lakareivarlden.se)**

**Opening hours: Thursday 18-20**

## Healthcare

### **Missbruk mottag – Service for People with Substance Abuse**

**Address: Bergsgatan 54**

**Phone number: 040-34 60 80**

**Phone hours: Monday 13-14.30 | Tuesday-Friday 09-11**

**Email: [ifo.mottagvuxna.asf@malmo.se](mailto:ifo.mottagvuxna.asf@malmo.se)**

### **Stadsmissionshälsan – Skåne Stadsmission**

Assists with healthcare and dental care. In cooperation with the Region Skåne. Aims to offer healthcare to people in homelessness, people with substance abuse problems, and other socially disadvantaged groups. Doctors, nurses, dentists, psychiatrists, and midwives are connected to the project. There is a drop-in center where you can see a nurse, with the possibility to also see a doctor. No booking required to see a nurse.

**Address: Agneslundsvägen 18, Malmö**

**Telephone: 040-664 22 40 (switchboard)**

**Opening hours:**

- **Monday - Thursday 08.30-15.00, Friday 08.30-14.00.**  
**Staffed with nurse and physiotherapist.**
- **Doctor's practise: Mondays 16.30-18.00**
- **Dentist's practise: Ask nurses about more information on times and dates.**

# Nighttime Assistance & Housing Support



## Lillhem and Qvarnen

The shelters Lillhem and Qvarnen offers a bed, supper, and breakfast. The emergency places are aimed at homeless adults over 21 who struggle with addiction or mental health issues.

**Lillhem provides low threshold housing for women.**

**Qvarnen provides low threshold housing for men.**

**Places are allocated through:** Social Services' Housing Reception, 040-34 75 57: Weekdays (excluding weekends). Monday, Wednesday, Friday from 9:00 AM to 11:00 AM. Tuesday, Thursday from 1:00 PM to 2:00 PM. Or visit Sallerupsvägen 11D, weekdays 8:00 AM–4:00 PM.

After 4:00 PM on weekdays and on weekends, call the Social Emergency Hotline, 040-34 56 78

**Lillhem, 24-hour information:** 0721-70 31 07

**Qvarnen, 24-hour information:** 0721-70 33 57

## Warming Center / Värmestugan

Värmestugan offers dinner and night rest. Värmestugan opens each year in November. This year it will close in the early morning of April 21, 2026 and reopen in autumn. It is open every night throughout the period. Värmestugan is for people 18 and above.

## Financial Support

The address is not published for privacy and security reasons. If you want to know where Värmestugorna is, you can contact the Malmö branch of the Swedish Red Cross, Church of Sweden in Malmö or Skåne City Mission

**Opening hours: 20.00-07.00**

**E-mail: [info@varmestugamalmo.se](mailto:info@varmestugamalmo.se)**

## Winter shelter: Vinternatt

Open every day of the week, January 1 - March 31 2026 at 20-00-07.00. Free of charge. You get dinner, a bed and breakfast. NOTE! Places are booked for one week at a time, Thursdays 09.00 at Värmestuga. Aimed for EU migrants.

**Address: Malmö Pingst Europaporten, Stadiongatan 25 A.**

**Reservation: Värmestugan Malmö**

**Prioritized groups: elderly, pregnant, those with health problems.**

## Financial Support



Financial support should be sought through the social authorities in each municipality. Rules and practices differ slightly in different places regarding who can get help. But you always have the right to apply. There are organisations that can offer support with the application, but as a rule, they aren't able to offer financial support themselves. Below are some exceptions:

## Majblomman – Support for Children

Majblomman's local associations offer children up to 18 y.o. the opportunity to apply for economic support to e.g., be able to buy glasses, go on a school trip or buy a bike. The application is made via a form available on the website: [majblomman.se/sok](http://majblomman.se/sok)

### Social Services Economic Help

Financial assistance to foreign citizens and those with social security numbers (personnummer).

**Address: Sallerupsvägen 11D & Eriksfältsgatan**

**Phone number: 040-34 59 69**

**More info (in swedish):** scan the qr code or use the address:

<https://malmo.se/Bo-och-leva/Stod-och-omsorg/Forsorj-ning-och-ekonomi/Ekonomiskt-bistand/Ansok-om-ekonomiskt-bistand---en-gui-de.html>

**Opening hours: Mondays, Wednesdays-Fridays 09-11 & 13-14**



### Free or Cheap Food

#### Café David – Skånes Stadsmission

Skånes Stadsmission café and meeting place. Free breakfast 07.30-09.45. Lunch is served 12.00-13.30 for 30 SEK. Possibility to shower and change clothes every day, until 12.00. Counselors who can help with support and contact authorities etc. are available Monday - Friday 07.30-12 and 13.00-14.30.

**Address: Agneslundsvägen 18, Malmö**

**E-mail: [cafe.david@skanestadsmission.se](mailto:cafe.david@skanestadsmission.se)**

**Telephone: 040-664 22 40**

**Opening hours: every day 07.30-14.30.**

#### Café Heidi, Hyllie Church.

Coffee for 5 SEK or a few empty cans/bottles (pant)

**Openings hours: Thursdays at 12-15**

**Address: Hyllie Church, Gamlegårdsvägen 34**

## Free or Cheap Food

### Crossroads – Skåne Stadsmission

Crossroads is a counselling and support centre for foreign EU-citizens living in poverty and/or homelessness in Malmö. Crossroads provide breakfast all days of the week. It is co-located with Café David and has the same premises and opening hours.

**Address: Agneslundsvägen 18, Malmö**

**Telephone: 040-664 22 52**

**Opening hours: every day 07.30-14.30.**

### Matmissionen – Skåne Stadsmission

Members get to shop groceries for a 1/3 or less of market price. More information on who can become a member and how to shop, go to the website, or get in touch.

**Address: Per Albin Hanssons väg 10-14, Malmö**

**Phone number: 020-10 36 30**

**Email: [matmissionen@skanestadsmission.se](mailto:matmissionen@skanestadsmission.se)**

**Website: [skanestadsmission.se/matmissionen/](http://skanestadsmission.se/matmissionen/)**

### Café Maria – St. Maria Church

Free breakfast. Thursdays there is soup after the intercessory prayer at 11.30. The soup is vegetarian and free of charge.

**Address: S:ta Maria kyrka, Södervärnsgatan 8, Malmö**

**Breakfast: Mondays - Fridays 09.00**

### Folkets skafferi

Organising giveaways of rescued food three days a week. You need a number for the queue to the giveaway. It can be collected between 09.30-10.30 on Mondays and Fridays and 09-10.30 on Wednesdays.

**Address: Nobelvägen 20 (by the St. Maria church)**

**Opening hours: Mondays, Wednesdays & Fridays  
16.15 - 17.45**

**E-mail: [hej@folketsskafferi.se](mailto:hej@folketsskafferi.se)**

## **Helgas Kafé – Heliga Trefaldighetskyrkan**

Café where you can socialise, read the newspaper, have a coffee or a homemade lunch three days a week at a low price.

**Address: Eriksfältsgatan 1, Malmö**

**Phone number: 040-27 92 14**

**Opening hours: Mondays -Tuesdays 11-15**

**Wednesdays 09-09.30**

**Thursdays 15-18.30 | Sundays 12-13**

## **Matkärringarna**

Serving prepared meals and snacks. More information about events can be found on the Facebook page for Matkärringarna, a couple days in advance of the next upcoming event.

**Place: Kungsgatan, adjacent to Värnhemstorget in Malmö**

**Date & time: Every other Saturday (even numbered weeks)  
14.30- around 16.**

## **The Red Cross House – Mötesplats Hjärtat**

A free meal and coffee. Shower and laundry machines available.

**Address: Katrinelundsgatan 10, Malmö**

**Opening hours: Mondays & Thursdays 15.30-19**

## Free or Cheap Food

### Take Away Soup Kitchen

Volunteers from the Malmö Div of the Swedish Red Cross bike around Möllan & Södervärn distributing food to people in need.

**Time: Fridays 12-14**

**Place: Möllan, Södervärn & Nobeltorget**

### The Red Cross House – Soup Kitchen

Free soup and coffee. Shower and laundry machines available. Volunteers offer food and conversation. Clothing handout from 12.30-14.30

**Address: Katrinelundsgatan 10, Malmö**

**Opening hours: Every Sunday 12-15**

**(Clothing handout only even numbered weeks, f.ex. week 48, 2..)**

### The Room – Church of Sweden

We have room for you! Sustainable breakfast for 25 SEK.

**Address: Hyllie boulevard 11 C, Malmö (between S:t Mikael's kyrka and Hyllie kyrka)**

**Opening hours: Tuesdays and Thursdays 9-10.30**

## Shower, Laundry and/or Clothing

### Café David – Skåne Stadsmission

You can take a shower & change clothes every day of the week.

**Address: Agneslundsvägen 18, Malmö**

**E-mail: [cafe.david@skanestadsmission.se](mailto:cafe.david@skanestadsmission.se)**

**Telephone: 040-664 22 40**

**Opening hours: every day 07.30-15.30.**

### Showers at the Central Station

A shower is 30 SEK, or 40 SEK if you rent a towel also. The showers are located next to track 5.

**Address: Malmö Central Train Station**

**Phone number: 040-607 84 00**

**Opening hours: Weekdays 05-23.30**

**Weekends 06-23**

### Toilet at Gustav Adolfs Torg

**Opening hours: Weekdays 08-20 | Saturdays 11-15.45**

**Pricing:** Toilet - 10 SEK

Shower - 40 SEK

Rent a towel - 10 SEK

Soap - 5 SEK

Shampoo - 5 SEK

Toothbrush & toothpaste - 10 SEK

Shaving set - 10 SEK

### Clothing Aid – Klädhjälpen Europaporten

Clothing Aid offers a selection of clothes for all ages. The clothes are donated and distributed free of charge. Depending on availability, there may also be household items and toys.

**Address: Stadiogatan 25A**

**Hours: Tuesday 10:00–13:00**

**Website: [malmopingst.se/diakoni](http://malmopingst.se/diakoni)**

### Maria Clothes Storage – St. Maria Church

Open for anyone in need of clothes or shoes. Shower is free of charge and supplementary products are provided. You must book an appointment with your ID card.

## **Shower, Laundry, Clothing**

Do this either through Café Maria, Mondays - Fridays 10.30 - 12 or by contacting one of the deacons.

**Address: Södervärnsgatan 8, Malmö**

**Opening hours (Clothes storage): Mondays-Tuesdays and Fridays, on your booked slot.**

**Showers: Mondays and Tuesdays at 11-12, on booked slot.**

## **The Red Cross House – Mötesplats Hjärtat**

Access to showers and laundry machines.

**Address: Katrinelundsgatan 10, Malmö.**

**Opening hours: Mondays & Thursdays  
15.30-19**

## **The Red Cross House – Clothing Handout**

Distribution of clothes, in conjunction with the soup kitchen that is open 12-15.

**Address: Katrinelundsgatan 10**

**Hours: Every other Sunday 12.30-14.30 (even weeks, f.ex. 48, 2)**

## **Freeshop Seved, Red Cross Malmö Branch**

Clothing distribution takes place at the Red Cross Malmö Branch's location in Seved. 5 garments per person.

**Address: Red Cross meeting place in Seved, Sevedsgatan**

**6 Hours: Tuesdays on even weeks: 17:00–19:00 and**

**Tuesdays on odd weeks: 13:00–15:00**

## **Social Support & Legal Advice**

### **Free Legal Counselling on Asylum Issues**

Offers free legal counselling to asylum seekers, mentors and other concerned people, both over the phone and through email. They can legally represent asylum seekers in Sweden and internationally. Counselling is offered only in Swedish and English. Interpreters are not available. Frequently asked questions can be found on the website.

**Phone number: 0200-88 00 66**

**Phone hours: Tuesday-Wednesday 09-11**

**Email: [info@sweref.org](mailto:info@sweref.org)**

**Website: [sweref.org](http://sweref.org)**

### **Free Legal Counselling on Asylum Issues – for Children**

Support line for children, or people working with children.

**Phone number: 0200-88 00 66**

**Phone hours: Tuesdays - Wednesdays 09-11**

**E-post: [barn@sweref.org](mailto:barn@sweref.org)**

### **Information about Asylum – Asylgruppen**

Asylgruppen in Malmö provides free information, and when possible, counselling on asylum and migration issues. The counselling is arranged by law students, lawyers or asylum rights activists. Send us an e-mail for more information and our opening hours.

**Website: [asylgruppenimalmo.se/radgivning/](http://asylgruppenimalmo.se/radgivning/)**

**E-mail: [asylgruppen.rad@gmail.com](mailto:asylgruppen.rad@gmail.com)**

### **Café David – Skåne Stadsmission**

Café David has a counsellor you can meet and talk to all weekdays. The counsellor can help with getting in touch with the authorities, fill in applications and more. The staff at Café David are also available for conversations throughout the day.

**Address: Agneslundsvägen 18, Malmö**

**Phone number: 040-664 22 40**

**Counsellors at Café David: Monday-Friday 07.30-12 and 13-14.30**

### **Comigen**

Comigen is an association for everyone who experience marginalisation. For example because of personal history, present situation in life, or addiction.

**Address: Sofielundsvägen 13, Malmö**

**Phone number: 040-89 749**

**Email: [kontakt@comigen.com](mailto:kontakt@comigen.com)**

**Opening hours: Mondays & Wednesdays 08.30-15.30**

**Tuesdays 08.30-18 | Thursdays 08.30-16**

**Fridays 08.30-15 | Saturdays 09-12**

## Social Support & Advice

### Fontänhuset

A psychosocial, work-focused rehabilitation model for people with mental health issues. It's entirely based on willingness - participation should be based around the individual's ability. Call to book a visit, and get a tour with more information about the establishment. You're welcome to bring a family member or close friend with you, if you'd prefer.

**Phone number: 040-12 00 13**

**Email: [service@fontanhuset.se](mailto:service@fontanhuset.se)**

### Meeting Places for Adults with Mental Health Challenges

The City of Malmö has two meeting places for adults dealing with mental health issues – Vänkretsen and Nydala. At these locations, anyone aged 18 and over can find a sense of community and take part in various activities.

#### Meeting Place Vänkretsen

**Address: Rundelsgatan 14, Malmö**

**E-mail: [vankretsen.fsf@malmo.se](mailto:vankretsen.fsf@malmo.se)**

**Opening hours: Mondays 08–16:30 | Tuesdays 12 –19  
Wednesdays 12-16.30 | Thursdays 12-19  
Fridays: 09-16.30**

#### Meeting Place Nydala

**Address: Adjunktsgatan 3D, Malmö**

**E-mail: [motesplatsnydala.fsf@malmo.se](mailto:motesplatsnydala.fsf@malmo.se)**

**Opening hours: Mondays 08–16:30 | Tuesdays 08.30 –16  
Wednesdays: 13-16 | Thursdays 08.30-16  
Fridays: 08.30-16  
(Closed for lunch 12-13 every day)**

### **Free Legal Counselling – St. Maria Church**

In cooperation with St. Maria Church, Juridikcentrum Lund offers free legal counselling on Tuesdays 10.00-11.45 (only during school term). Juridikcentrum is a volunteer organisation consisting of law students. No booking required.

**Address: S:ta Maria kyrka, Södervärnsgatan 8, Malmö**

**Opening hours: Tuesdays 10-11.45**

### **Doctors of the World – Legal Advice**

Doctors of the World runs a clinic in Malmö, where they also offer legal advice on migration law. Appointments are preferred, but drop-in is fine. More info about Doctors of the World (p. 9)

**Address: S:ta Maria Kyrka, Södervärnsgatan 8, Malmö**

**Telephone: 0762107383**

**or via the switchboard: 010-1299809**

**E-mail: [skane@lakareivarlden.se](mailto:skane@lakareivarlden.se)**

**Opening hours: Thursdays 18-20**

### **Support and Shelter for Women and Children**

Malmö Barn- och kvinnojour offers support and shelter to women and children who have been or are exposed to violence in close relationships.

**Phone number: 040-30 11 13**

## Social Support & Advice

### Counselling on Asylum Issues – Swedish Red Cross

Possibility to get advice on migration-related issues, as well as family reunification and tracing issues.

**Phone number: 020-415 000**

**Phone hours: Wednesday 09-12**

### Mötesplats OTTO

Mötesplats Otto is run by Ensamkommandes förbund. It is a meeting place for young people of different origins (regardless of how long they have lived in Malmö). There is diversity work, homework assistance, civic information, various types of support and fun activities.

**Address: Föreningarnas hus, floor 3, Ystadvägen 44**

**Phone number: 072-016 00 75**

**Opening hours: Mondays, Tuesdays and Fridays 14-20**

### Räddningsmission Malmö (RMM)

RMM works to support people in various vulnerable situations. They provide meals and grocery bags to those in need and offer peer support services to help individuals move away from lives involving drugs and other forms of hardship.

**Address: Fågelbacksgatan 9A, Malmö**

**Email: [info@raddningsmission.se](mailto:info@raddningsmission.se)**

**Opening hours: Thursdays 17-19**

**Phone number: 070-756 24 85**

## Unga Forum – Skåne Stadsmission

Unga Forum is for families with children and young people. Anyone who is under 30 years of age or has children under 18 years of age, and is in some form of social vulnerability is welcome. Unga Forum offers advice and support in various life situations. The staff are social workers and lawyers with extensive experience of working with children and young people. All activities are free and the staff are bound by confidentiality.

**Address: Malmgatan 1, Malmö**

**Telephone: 0733-47 70 20**

**E-mail: [ungaforum@skanestadsmmission.se](mailto:ungaforum@skanestadsmmission.se)**

**Opening hours, drop-in for social counselling, talks and ombudsman activities: Tuesdays 9.00-12.00 and Thursdays 9.00-12.00 and 13.00-16.00.**

## Childcare

### Öppna förskolan Hera – Preschool and Meeting Place

Hera is a preschool for children (ages 0-6) and their guardians who are newcomers in Sweden. The children can play, and their guardians can meet other families in similar situations. It's located in Rosengård. Every day at 10 they offer language activities where children and guardians both can participate.

**Phone number: 0734-39 93 63**

**Address: Dicksons väg 3, Malmö**

<b>Opening hours: Mondays</b>	<b>08.30-14.30</b>
<b>Tuesdays</b>	<b>08.30-12</b>
<b>Wednesdays</b>	<b>08.30-15</b>
<b>Thursdays</b>	<b>08.30-14.30</b>
<b>Fridays</b>	<b>08.30-14.30</b>

## Childcare

### Kompassens öppna förskola – Preschool and Meeting Place

Kompassen is a preschool and meeting place for children (ages 0-6) and their guardians. The children can play, and the guardians can meet other families. It's located in Sofielund.

**Phone numbers: 040-817 26, 0709-71 96 63**

**Address: Rasmusgatan 1B, Malmö**

**Opening hours: Mondays 08.30-15.30**

**Tuesdays 08.30-15**

**Wednesdays 08.30-13.30**

**Thursdays 08.30-15**

**Fridays 08.30-13.30**

## Help through social media

### Donationer i Malmö (DIM)

A Facebook group where people donate food, clothes and/or gifts to families in need, in and around Malmö.

**Facebook:** type 'donationer i malmö'

into the search bar on

[www.facebook.com](http://www.facebook.com), scan the qr code,

or use the url-address below

[www.facebook.com/groups/202554643251043/?fref=ts](http://www.facebook.com/groups/202554643251043/?fref=ts)



**Email: [donationermalmo@outlook.com](mailto:donationermalmo@outlook.com)**

# Important Phone Numbers

<b>SOS Alarm</b> Emergency number in case of danger to life, property, or environment	112
<b>Sjukvårdsrådgivningen</b> Healthcare advice on the phone in non-emergency cases	1177
<b>Polisen</b> Phone number for non-emergency events	114 14
<b>Krisinformation</b> Information number for accidents and crises in society	113 13
<b>Swedish Red Cross</b> Information service	0771-19 95 00
<b>Swedish Red Cross</b> Migration counselling	020-415 000
<b>Malmö municipality</b> Switchboard	040-341 000

**The information in this booklet has been  
compiled by the Malmö division of the  
Swedish Red Cross.**

**Updated 2026-03-13**



**Svenska Röda Korset**  
Malmökretsen