**Violence in relationships**

**Everyone have the right to live without abuse, threats or violence!**

Everyone have the right to be treated with respect!

**What is violence actually?**

Violence can be a physical impact and violations, but also psychological abuse. It can also mean that you are controlled and restrained in your own actions and you cannot control your own decisions and choices. It can also mean that you have exposed to beatings, pushes or assaults. To see and hear violations against others whom you are closely to are also a form of violence against you.

Brottsförebyggande rådet (Crime Prevention Council), states that the number reported assaults against men as well as woman and children, with some exception, have increased continually during the past ten years. The number of people exposed to domestic violence are assumed to be more then what the statistics show on the police reports.

**Everyone has the right to get help depending on the situation!**

You who are a victim of violence have the right to get support that is in particular adapted based on your needs. It can for example be that you are young or old, have disabilities, addiction to drugs, have a foreign background or living in a same-sex relationship.

If you are a parent subjected to violence, you need to know that we work to support you in your parenting so that your child’s need are met and the child can grow and develop in the best possible way.

We help you with protected residence and the contact with health care, police and other authorities and organizations if needed. You can call us and talk unconditionally. You can remain anonymous and we work confidentiality.

**Here is where you can get help during office hours**

You can contact the social services and apply for various forms of support. Call the municipality’s switchboard 0435 – 39 000. Ask to talk to the person who takes care of the hotline for domestic violence.

**If you need help on evenings and weekends**

If you need help on evenings and weekends, you can call the social emergency service, telephone number: 114 14 (police switchboard).

**In acute situations**

Call 112