**Violence in relationships**

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

Everyone has the right to be treated with respect!

What constitutes as violence?

Violence can be a physical action or abuse, but it also includes psychological abuse. It can also mean that a person is controlled and restrained in their own actions and cannot control their own decisions and choices. It can also mean that a person has been exposed to attacks, or other forms of assault. To see and hear abuse and violence against others whom you are close to is also considered a form of violence against you.

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

Everyone has the right to get help!

A person who is a victim of violence has the right to get support, which is adjusted, based on an individual’s situation and needs. Different variables require different support. For example, age, disabilities, addiction to drugs, heritage or living in a same-sex relationship are all factors to be considered when providing support.

Parents who are subjected to violence, must also know that we work to support you in your parenting so that your child(ren)’s needs are met, and the child(ren) can grow and develop in the best possible way.

We can support with protected residence and contact with health care, police and other authorities and organisations if needed. You can call us and talk about your situation without limitations. 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 in evenings and weekends

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

In emergency situations

Call 112