

Are you experiencing violence in a close relationship?

There are different kinds of violence in a close relationship. Sometimes it's a person's partner who behaves violently. Sometimes it's other relatives. It could also be a child behaving violently towards his/her parents. The violence can be of a psychological, physical or sexual nature. Some examples are when someone:

- Insults you, calls you names and says you are a worthless and difficult person
- Pushes, hits or hurts you in some other way
- Controls and restricts you or forces you to do things you do not want to do
- Forces you to adapt the way you behave or your way of life
- Forces you to do something of a sexual nature
- Takes control of your finances

You are entitled to protection and support

Violence in a close relationship can happen to anyone. If you have experienced this sort of violence, you are to be given information, protection and support and you are to be treated respectfully and with empathy. These are your rights. If you have children, they are also entitled to support.

You can get help with:

- Counselling
- Protection and temporary accommodation
- Financial assistance
- Help when you contact other public authorities, for example the police

Contact us so we can help you. You can remain anonymous if you wish.

In an emergency, always call 112.

Contact:

- **Organisation:** Vuxenenhetens mottagningsgrupp
- **Telephone number:** 08-58169000
- **Homepage:** www.upplands-bro.se
- **Street address:** Furuhällsplan 1, Kungsängen

Other organisations in the municipality that offer support

Below, there are contact details to other organisations in the municipality that can provide support, for example, healthcare centre, women's helpline or the crime victim support helpline.

- **Organisation:** Kvinnojouren Anna
- **E-mail address:** info@kvinnojourenanna.se
- **Telephone number:** 08-58240999
- **Homepage:** www.kvinnojourenanna.se

National support

Kvinnofridslinjen 020-50 50 50

National helpline for women who have experienced threats or violence. You can call this number even if you cannot speak Swedish. Calls are free of charge and will not be visible on the phone bill. You can remain anonymous.

www.kvinnofridslinjen.se

BRIS 116 110

Helpline for children and adolescents. It is also possible to chat with or email BRIS. You can remain anonymous.

www.bris.se

RFSLs brottsofferjour 020-34 13 16

Helpline for homosexual, bisexual, transgender and queer people who have been exposed to crime or violence.

www.rfsl.se/brottsoffer/

Terrafem 020- 52 10 10

Helpline for people who have experienced violence. Help is provided in many different languages. Calls are free of charge and will not be visible on the phone bill. You can remain anonymous.

www.terrafem.org

Brottsofferjouren (Victim Support Sweden) 0200-21 20 19

Helpline for people who have been subjected to crime. You can call this number even if you cannot speak Swedish.

www.boj.se