

ANYONE AT ALL CAN BE THE VICTIM OF VIOLENCE IN CLOSE RELATIONSHIPS



VIOLENCE IN CLOSE RELATIONSHIPS is far more common than most people realise. Help and support is available to anyone who has been threatened or attacked by someone they live with or are related to.

HÄR FINNS HJÄLP ATT FÅ

In an emergency, call 112.

The Police Investigation Unit, Nacka Strand
Tel no. 114 14, open 24/7. Press "0" you will speak to a telephonist who will forward your call

Brottsoffersamordningen (Victim coordination)
Tel no. 010-564 31 31

The police in Nacka
Tel no. 010-564 31 26

Social services
Tel no. switchboard 08-718 80 00.
For advice and to report care issues involving individuals and families who are in the care of the social services.

Social hotline in Nacka (outside normal office hours)
Tel no. 08-718 76 40, 010-564 31 65

Opening hours:
Mon-Thurs: 16.00–02.00
Fri: 14.00–02.00
Sat-Sun: 16.00–02.00

Women's hotline Nacka Värmdö
Tfn. 08-601 95 72, weekdays 09.00–17.00. Mondays and Wednesdays also 18.00–21.00.
E-mail: nackavarmdo@kvinnojouren.net

The emergency gynaecological clinic, Södersjukhuset hospital (SÖS)
Tel no. 08-616 21 40, open 24/7

Women's emergency rape clinic, Södersjukhuset hospital (SÖS)
Tel no. 08-616 46 70, open 24/7

Nacka local emergency clinic
Tel no. 08-601 53 53, daily 08.00-22.00

The Stockholm Health Care Guide
Tel no. 08-320 100
E-mail: www.vardguiden.se

Alternatives to violence (ATV) Nacka
Tel no. 08-718 76 32
E-mail: atv@nacka.se

Victim Support Association
Tel no. 08-466 91 66, weekdays other than Wednesdays

YOU DON'T HAVE TO PUT UP WITH VIOLENCE, ESPECIALLY NOT FROM SOMEONE CLOSE TO YOU



"Violence is any action which, through its threatening, painful, injurious or invasive nature, is aimed at making a person do something they don't want to do, or stop them doing something they want to do." *

*Per Isdal, Alternativ til Vold, Norway.

ARE YOU THE VICTIM OF VIOLENCE?

In an emergency, call **1 1 2**

If you want to file a report or ask questions, you can call the **police** on **1 1 4 1 4**

In the **Municipality of Nacka**, you can contact the Municipality's coordinator against violence in close relationships, tel. no. 08-718 80 00 (switchboard).

The coordinator can:

- Provide you with counselling.
- Help you contact the police, doctor/hospital or women's hotline.
- Provide support in dealing with your children's situation.
- Help you with financial problems.

If you want to talk to someone about what has happened to you, or if you have any questions, you can call **Kvinnofridslinjen (national helpline for women)**, tel no. 020- 50 50 50.

They are open 24/7, and your call is free of charge wherever you live. Your call will not appear on any telephone bills.

For telephone numbers to other organisations etc. which can offer you help and support, see the back of the leaflet.

ARE YOU A FRIEND OR CLOSE RELATIVE?

- Be brave – acknowledge what you see and ask questions.
- Listen and don't argue, accept that everyone has to make their own choices.
- Encourage the victim to seek support. Provide them with information on where they can find help.
- You can also file a police report. This can be anonymous.

If there are children involved, report it to Social Services, tel. no. 08-718 80 00 (switchboard).

HAVE YOU USED VIOLENCE ON SOMEONE CLOSE TO YOU?

Contact Alternativ till våld (ATV) Nacka, tel no. 08-718 76 32, for help to find an alternative to using violence, or the women's hotline for Nacka Värmdö, tel no. 08-601 95 72.

These organisations can provide you with:

- Advice and support in dealing with relationship problems and crises.
- Support in dealing with conflicts, aggressiveness and violence.
- Support in your role as a parent and help in understanding the needs of children.



Please visit the Municipality of Nacka website www.nacka.se

For information in other languages, please click on Omsorg & Stöd/Om någon far illa.

The Municipality's efforts to combat violence in close relationships covers violence by men against women, violence in same-sex relationships, honour-related violence and oppression, as well as violence against men.