



# **Violence within close relationships**

This leaflet contains basic information on whom you can turn to if you,  
a child or somebody you know is in need of help or other forms of support.

Abuse is forbidden in Sweden. It is against the law to punish your partner, spouse or child. Forced intercourse within a marriage is regarded as rape and is also forbidden.

Abuse in the home is not only confined to assault and rape within a marriage, it can also take the form of psychological violence such as strict surveillance and restricted freedom of movement.



# You can get help

There is support for you, your child or children or someone you know. Contact one or more of the following:

## Family Welfare (IFO)

You can turn to the municipal family welfare service which offers advice, support and help to individuals - adults, young people and children - who find themselves in difficult circumstances.

The organisation is responsible for helping people with social problems and an important part of its work is supporting and helping women and children who have been exposed to violence.

Help offered includes sustentation and accommodation, protection and providing support when dealing with the police, health or other organisations and authorities.

Contact the IFO social secretary on **0941-14 000**

## Cottage hospital

If you need help with any physical or psychological problem, first contact your nearest care centre or cottage hospital where you will be able to see a doctor, district nurse, midwife or counsellor.

You can also call the 24-hour health care call line on **1177** or visit the website: [www.1177.se](http://www.1177.se).

The health care advisor will assist you in contacting a cottage hospital. In an emergency call: **112**.

## Police

If you are a victim of crime or you or someone you know needs help, contact the police, the authority responsible for helping those in need of assistance.

Contact the police if you are a victim of crime or you or someone you know needs help.

Telephone: **114 14**

In an emergency call: **112**

## Women's Aid helpline

A nationwide helpline for those subject to threats, assault or sexual abuse. Family members or friends are also welcome to call. Lines are open 24 hours a day.

Calls are free of charge and will not be visible on the telephone bill.

Website: [www.kvinnofridslinen.se](http://www.kvinnofridslinen.se)

(includes contact information for multi-lingual women's aid centres)

Helpline number: **020-50 50 50**



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