



## Familjefridsteamet

### Are you / have you been the victim of threats or violence by someone close to you?

Domestic violence is not a private problem. Domestic violence occurs in all social classes and among all nationalities. We are working for the right to support and protection and help to advance. All people are entitled to live a life free of threats and violence.

At Family Frid team you will get the opportunity to talk about your situation and get advice and support on how to proceed . Efforts are free . Are you in need of protection and support we can help you.

Family Frid team turns to women and men aged 18 and over, who are exposed or subjected to any form of violence from their partner, ex-partner or other close person . We book an interpreter when needed.

Family Frid team offers :

- individual counseling that includes psychosocial support and access to further assistance from social services and others that may be helpful,
- assistance to shelters when there is need of it ,
- group activities

With us you can:

- Quickly get an appointment to talk to someone, if you like anonymously
- discuss the causes and effects of domestic violence,
- get information about what the community has to offer to help/support,
- talk about what it's like and find out about help and support to those
- be supported by a police report , interrogation , etc.
- support in changing your life situation
- counseling individually or in groups
- get help to apply for protected personal data with the tax

Confidentiality

We maintain confidentiality, which means we do not get to talk about it which comes up in our conversations with a third party.

Collaboration with other agencies

Family Frid The team works with other agencies and NGOs . In consultation with the seeking our help we mediate or help on contact.

**Familjefridssamordnare:** 0451-26 70 85 eller växel 0451-26 70 00

**Familjeterapeuter:** 0734-26 35 78, 0734-25 36 79, 0768-63 09 47