



SAMORDNINGS-  
FÖRBUNDET  
*Skaraborg*

**Have you:**

- ◇ witnessed violence?
- ◇ been a victim of, or committed violent acts?
- ◇ lived in a violent family as a child?

**Do you need help?**



**DOMESTIC  
VIOLENCE**



# WHAT IS VIOLENCE?

## VIOLENCE CAN TAKE A NUMBER OF DIFFERENT FORMS...

"Violence is any act directed against another person, that hurts, pains, frightens or offends, gets the victim to do something against their will or stops something the victim wants to do." (P. Isdal)

◇ **Psychological violence**

Violence in the form of words or actions directed at a person, property, or human dignity. This may also include latent, underlying violence.

◇ **Physical violence**

Any kind of unwanted physical contact or act that causes physical injury or pain, e.g. being shoved, restrained, pulled by the hair, hit or kicked.

◇ **Financial violence**

When a person is prevented from making decisions about, and having access to their own money, is required to show receipts for purchases, is forced to sign loan contracts, or incurs debt without their knowledge.

◇ **Sexual violence**

Performing sexual acts against one's will, being forced to watch pornography or to have intercourse are some examples of sexual violence.

◇ **Material violence**

Material violence may involve a live-in partner hitting walls or doors, or destroying important possessions to create anxiety and fear.

◇ **Negligence**

People who depend on others for care and support in their daily lives can also be subjected to abuse or negligence, such as the withholding of medication or not receiving sufficiently nutritious food.



# SAMVERKAN SKARABORG

**Domestic violence is a public health problem with many different causes. It is clear that it affects human health and that the consequences of exposure to violence can include reduced working capacity and impaired physical and psychological well-being.**

In Skaraborg, both adults and children who have experienced domestic violence are to receive coordinated and standardized assistance. Local healthcare centers, the Social Insurance Agency, the Public Employment Agency and Social Welfare Services, are increasing their joint efforts to provide assistance by asking questions that will both uncover and call attention to cases of domestic violence early on and allow them to provide advice and support concerning appropriate help.

- ◇ **Healthcare centers** (vårdcentraler)  
Staff at local healthcare centers will ask specific questions to identify and call attention to cases of domestic violence. They can offer advice and support as well as help to contact other authorities if further action is needed.
- ◇ **Social Insurance Agency** (Försäkringskassan)  
Staff at the Social Insurance Agency will ask specific questions to identify and call attention to cases of domestic violence and to help you receive effective help. The aim is to promote your rehabilitation and return to working life.
- ◇ **Public Employment Agency** (Arbetsförmedlingen)  
Staff at the Public Employment Agency will ask specific questions to identify and call attention to cases of domestic violence and to help you receive help from other authorities. The aim is to give you the support you need in order to return to working life.
- ◇ **Social Welfare Services** (Socialtjänsten)  
Staff at the Social Welfare Services will offer support for both victims of domestic abuse and perpetrators. The support can be designed in different ways depending on what is needed. The agency will also take children's perspective into consideration, since children who have witnessed or been victims of violence are entitled to receive the help they need.

To get in contact with the **Social Welfare Agency** (Socialtjänsten) in your municipality, either call or visit your local agency's office. Ask for the person who handles reports of domestic violence if you are in need of protection or support. If you are under the age of 18, ask to speak to someone who handles child and youth cases.

You can also speak to your case worker at the **Social Insurance Agency** (Försäkringskassan) or the **Public Employment Agency** (Arbetsförmedlingen). **Healthcare center** (vårdcentral) staff can also provide help and support.

If you need to talk to someone, you can contact:

<b>Socialjouren</b> (emergency Social Services helpline)	0500-49 74 21 or 0500-49 74 22	Monday-Thursday 17:00-23:00 Friday-Saturday 15:00-01:00 Sunday 15:00-23:00
<b>Kvinnofridslinjen</b> (national women's helpline)	020-50 50 50	Monday-Sunday around-the-clock
<b>Kvinnohuset Tranan Skövde</b>	www.kvinnohusettranan.se 0500-41 86 68	Monday-Sunday 08:00-23:00
<b>Kvinnojouren Linnean</b>	www.kvinnojourenlinnean.se 0510-219 00 0200-11 33 33	Monday-Friday 07:30-12:00 and 12:30-16:00 Monday-Friday 16:00-07:30
<b>Terrafem</b> (national helpline in over 70 languages)	020-52 10 10	Monday-Friday 09:00-18:00
<b>Mansjouren</b> (national men's helpline)	08-30 30 20	Monday-Friday, Sunday 12:00-14:00 and 17:00-21:00 Saturday 12:00-14:00
<b>Välj att sluta</b> (choose to quit)	020-555 666	Monday-Friday 8:30-16:00
<b>UMO</b> (online youth guidance center)	www.umo.se	
<b>BRIS</b> (Children's Rights in Society)	116 111 www.bris.se	Monday-Sunday around-the-clock
<b>Utväg Skaraborg</b> (anti-domestic violence initiativ)	www.utvag.se 070-085 25 06	Monday-Friday 8:00-9:00
<b>1177 Vårdguiden</b> (medical advice service)	www.1177.se	
<b>Police</b>	114 14	
<b>In an EMERGENCY, call 112</b>		



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