



LÄTTLÄST

Threat and violence in close relationships



Bergs kommun
Bierjen tjielte

www.berg.se

Engelska

Have you been threatened or beaten by someone you know very well?

You are not alone.

You can read here about what help is available to get.

If you are not safe

- Think of some safe places close to you. Where you can go, if you are not safe at home.
- Think of people you trust. Memorize their phone numbers and addresses so you can contact them quickly.
- Keep important things packed, such as identity card or passport, money and keys. Then you can easily take them with you, if have to leave your home in a hurry.
- Contact department of Individual and family care in the municipality or someone else to talk about it. There are phone numbers and addresses on the last page.



If you need urgent help

1. Call 112 if you need police or ambulance.
2. Call your health center (at daytime) or call the Medical information on 1177 if you are in pain or have injuries.
3. Do you need somewhere to stay? Call 0687-16100 and ask for department of individual and family care.
4. You can call 112 and ask for the municipality's emergency social services if it's evening or weekend.



Phone numbers and addresses

Police and ambulance: 112

If it is not urgent, call: 11414

Department of individual and family care
(social services): 0687-16100

Ängesvägen street nr 4, Svenstavik

Center Against Violence: 0200-12 01 45,
email: centrummotvald@ostersund.se

Emergency Social Services: 112, ask for the Bergs municipality's social services

Woman peace line: 020-50 50 50

Women's Shelter: 063-13 25 00

