



Threat and violence in close relationships – guidance, support and protection



Berg's municipality's vision is that no one in the municipality should be subjected to domestic violence or threat in a close relationship.

Subjected to domestic violence or threat in a close relationship.

Threats and violence in close relationships can affect anyone.

Being exposed to violence and threat by someone you live with or someone you are related to is very offensive and emotive. It can be very difficult to talk about what happened, but there are several people who work to ease your situation. You are not alone. There is help available!

The organization that can help you, have the following starting points:

Anyone can be exposed to violence. You are entitled to information and support, if you were exposed to threat or violence.

You should in these circumstances be treated with respect and empathy.

You should get a good reception regardless of age, gender, ethnic background, sexual orientation, religious belief, disability and social situation. All personnel work with confidentiality within the public sector.

Plan for your safety

- Think of safe places in the neighbourhood.
- Memorize important phone numbers / addresses to someone who can help you. Determine a code word, so you can say it to the person when you need help and no one else would understand it.
- Keep important things like identity card, passport, medicines, bank card, money and keys packed to take them with you quickly.

In cases of acute danger

1. Dial 112 to call the police, ambulance or emergency help.
2. If you have pain or injuries go to your Health Centre (at daytime) or call the medical information at 1177
3. You can access Berg's Municipality's emergency social services, on evenings and weekends, by calling 112 to get urgent practical help.

During the daytime you can reach "department of Individual and family services" (social services) through Municipality's switchboard, 0687-16100.



What is violence?

- Physical violence is any form of unwanted physical contact and action which perceived as discomfort, causing physical pain or injury.
- Sexual violence is when you are forced to participate in, or watch sexual acts against your will.
- Psychological violence is violation by words and actions directed against your person, property or dignity. This may involve verbal insults, isolation, threats and control of various types.
- Economic oppression of a close person is also seen as violence. It can be expressed through economic threats, restriction of joint financial assets or by forcing you to perform financial crimes.

Who is exposed?

Domestic violence can occur in any close relationship regardless of age, culture, religion, ethnicity and social class. The majority of victims of domestic violence are women and children, but it also can affects men.



Common reactions to threats and violence

People react differently to threats and violence. However, there are some common features. Some common crisis reactions may be:

The body

Stomach problems, changes in sleeping and eating habits, rapid heart rate, chest pain, dizziness and headache

Feelings

Grief, anxiety, anger, nightmares, emotional roller coaster, fear and powerlessness

Relationships

Loss of trust, feelings of estrangement from family, friends and colleagues

Thoughts

Memory disturbances, confusion, difficulty making decisions, emotionally experience the event repeatedly and memory flashbacks

Behaviours

Isolation, strong reactions to small changes in the environment, inability to perform the things you could before and abuse

It is very common for the subjected to threats and violence to be surprised and afraid for their own or others' reactions. Perhaps you have been subjected to repeated acts and furthermore in your own home. The abuser is a person who you have or have had a relationship with and perhaps depending on emotionally, socially or economically. But it is quite natural to react in a difficult situation.

It is common for the abuser to blame the victim for having provoked the action. It is also common that you who have been subjected to threats or violence to blame yourself. Remember you have no guilt in being subjected to threats or violence! This reaction applies to children too. Even if the child is not exposed to a harmful act, it may be terrified, desperate and afraid for his/her own or other family member's lives. Make sure your child gets the support to process their experiences.

Who exposes others to violence?

There are many different theories about those who expose others to domestic violence. Some theories focus on the individual, the other on the structures of society, history, inequality in society and more.



**Men's violence against women must stop;
Women and men should have the same opportunities to physical integrity.**

(Short version of the fourth equality policy goal in Sweden)



Where can I get help and support?

Police

If you are subjected to threats or violence, you should report that to the police as soon as possible. Then there is an opportunity to review what happened and prevent it from happening again. Being subjected to threats and violence is offensive and emotive. It can be difficult to report to the police, but is often necessary for you to look after your rights.

Department of individual and family care and the Centre Against Violence

The municipality has the primary responsibility to support you and your potential children who exposed to threats or domestic violence and provide the help you need. This may involve guidance, support and protection of various kinds. You and your children may need to meet someone who understands your situation and who have professional knowledge. Contact Department of individual and family care, if you want to know more. You can call Centre Against Violence for advice and support in your situation and you may even meet someone for conversation.

Medical center and emergency clinic

Go to your Medical center or emergency clinic to care for and document any potential injuries. Make sure not to take a shower especially if you became a victim of sexual abuse. Save any clothing that you were wearing, this can become future evidence.

Non-profit organizations

There are several non-profit organizations that provide free support, advice and some practical help.

Support for aggressors

Even those who subjected you to threats or violence may need help and support to break their behaviour. Men with violence problems can turn to department of individual and family care or the Centre against violence.

To get in touch with various organizations, please see contact details at the end of the brochure.

*You are not alone.
There is help available!*



How can society protect me?

There are various possibilities of protection which can be used singly or in combination. Some can be taken only after examination of needs.

Sheltered housing

For women and children who are victims of threats or violence in a close relationship, it is possible to get a shelter through department of individual and family care. Also, there are accommodations by women's shelter in Jamtland. See contact details at the end of the brochure. Today there is no sheltered housing in Jamtland for men who are victims of domestic violence. For more information contact department of individual and family care.

Protected personal information

National registration information is normally a public document. In some cases you can have your personal information protected by the so-called security marking. This applies for example if you were subjected to threats, violence, persecution or harassment. Another solution is to have the so-called "remain registering". That means you are still registered in your old address even though you have moved. You can apply for security marking or "remain registering" at the Tax Agency. A third solution is to get fictitious information. Contact the police for more information.

Contact Prohibition

If you are subjected to threats and violence, you can apply for a contact Prohibition. The Prohibition means that the person threatened or harassed you are prohibited to visit, follow or contact you for a certain period. Neither you may contact or allow contact. Applications are made at the police.



Contact Information

Police, ambulance, emergency help

Police/ambulance/emergency: 112 (round the clock)

Police at non-emergency issues: 114 14 (office hours)

Berg's Municipality

Department of individual and family care: 0687-161 00 (switchboard)

Emergency Social Services: 112 (evenings, weekends and holidays)

Trappan (support and help for children and young people up to age 20): 0687-161 00

(Switchboard, ask for Department of individual and family care)

Family counselling: 063-15 02 50

Health care

Health Centre Svenstavik: 0687-166 00

Health Centre Myrviken: 0643-44 55 20

Emergency clinic: 063-15 30 00 (switchboard)

Women's Health: 063-14 23:55

Woman's peace line: 020-50 50 50 (Invisible number)

Medical Advice Line: 1177

Ostersund's youth clinic: 063-14 00:55

Activity Overall the County

Center Against Violence: 0200-120145 (No charge)

Non-profit organizations and Local organizations

Victim Support in Ostersund: 063-51 24 00

Jamtland's shelter: 063-132500

National non-profit help lines

National Centre for Women's peace: 018-611 27 93

Terrafem (Shelter for women and girls in various languages): 020-52 10 10

Sister Somaya's shelter (Multiple Languages): 020-81 82 38

RFSL emergency victim support for LGBT people: 020-34 13:16

LGBT Support line: 0771-66 67 68

