



For those who are exposed to threats or violence

Are you threatened, been hit, controlled, isolated, or abused by someone you know? The risk for exposure to violence in near relationships is higher during times of stress, worry, and isolation. Both the person being abused as well as the abuser can receive support from the municipality as well as other organizations.

Contact for emergency help

If you are in an emergency situation- call 112

Upplands-Bro kommun works with adults, children, and young adults that have been exposed to violence as well as adults that have used violence in their near relationships. Contact the department who can help weekdays, via the kontaktcenter, at telephone number 08-581 690 00.

Outside office hours, can you contact socialjouren in the Northwest. This is open Monday-Thursday 17-02, Fridays 15-02, and Saturday-Sunday 16-02. Telephone number 010 444 05 00

At **kvinnojouren Anna** can those of you that are a victim of violence as well as your children receive support. They can be contacted during office hours at 08 582 409 99, or via mail at : info@kvinnojourenanna.se

Kvinnofridslinjen Is a national telephone hotline for women exposed to physical, psychological, or sexual abuse. Those of you that are related to/ a friend of someone that is exposed to abuse are also welcome to call. Kvinnofridslinjen is open day around at telephone number 020-50 50 50. The call is free, the number does not show on any telephone bills, and there are translator for most of the languages spoken in Sweden.

Origo Works against honor-related oppression and violence. The call is free, and you do not have to say who you are if you do not want to. The call will not show up on any telephone bills. Origo is open weekdays 09-16 at telephone number 020 25 30 00, for those of you that are between 13-26 years old.

At **Unizon** you can find information about open women's shelters that offer support via telephone or chat, <http://unizon.se/>

Unga Relationer gives support and information to those of you that are under 20 and are exposed in your relationships, are friends to someone that is exposed, or are the abuser yourself. The chat is open every night 20-22, <https://ungarelationer.se/>

Välj att sluta. Is there a risk that you are going to hurt the person that you love? Do you have a hard time to control your anger and are at risk of hurting your partner? Call Välj att Sluta at 020-555 666 to receive help to end your violent behavior.