



STRÄNGNÄS KOMMUN



Violence in intimate relationships – how to get help and support

Violence in intimate relationships, or domestic abuse, is a major problem in society. The violence can take different forms, such as physical, psychological or sexual violence. Being violent towards someone affects their whole life and is, in fact, a criminal act. The municipality offers help and support for both victims of violence and those who commit the abuse.

Fredagruppen provides municipal support

Our support is provided through Fredagruppen (the Shelter Group). This group employs case workers with long experience in dealing with people who have suffered violence or committed it.

For those who have suffered violence

Private consultations – If you are an adult and need support and advice about your personal situation, you can have 5–7 private consultations.

Kvinnogrupper – This is a discussion group for women who have similar experiences and can support each other. The group is led by experienced staff from Strängnäs Municipality who can give you information on where to go to get support and find out more about your rights. The group agrees to keep everything confidential, so anything anyone says stays within the group.

Trappan – For those aged 4–17 who are experiencing threats and violence within the family. It may be parents fighting with each other or you personally being threatened or beaten by a parent or someone else who is close to you or your parents.

Trappan is a discussion forum where you can be helped to talk about what you have experienced in a safe environment. To be referred to us, you first need to make contact with a welfare officer.

For those who commit violence in an intimate relationship

Violence can be physical but also psychological. It can be about abusing, controlling and restricting another person. Are you someone who commits violence of some kind in an intimate relationship or are you concerned that you might?

Private consultations – Attend a private support session to get treatment that is tailored to you and your particular situation. You will get to talk about your history and your violence, learn about the definition of violence and abuse, and discuss the consequences of that violence. The case worker will also assess the risk and safety level for any partner and children.

The purpose of the consultation is to help you tackle your violent behaviour, for example by making you better able to manage the thoughts and emotions that can lead to violence and by improving your ability to communicate.

How to contact us

Are you interested in any of the support on offer or do you have any questions? The municipality's website has more information and all the contact details you might need at: strangnas.se/valdochhot

You can also call the municipal Kontaktcenter and they will put you in touch with the right person. Call 0152-291 00

The Shelter Group is a confidential service. But there are exceptions when we have to break that confidentiality and report what we have learned to social services. This happens when we have grounds to suspect that a child is being abused or is at risk of abuse. You can find out more about this here in Section 14:1 of the Social Services Act.

Who else can I turn to if I need help?

Kvinnofridslinjen is a telephone helpline for women who are suffering physical, psychological or sexual violence. Calls are free and anonymous. Call 020-50 50 50

Måna is a support centre for women and girls who are being abused. It is a voluntary organisation based in Strängnäs. Calls are free and anonymous. Call 073-201 43 93

Support line for men who are experiencing threats and violence in an intimate relationship. Calls are free and anonymous. Open daily 7-21. Call 020-80 80 80

Support line for transgender and non-binary adults who have experienced violence in an intimate relationship or sexual assault. Calls are free and anonymous. Open daily 11-19. Call 020-55 00 00

BRIS children's helpline

Call 116 111

Rädda Barnen (Save the Children)

Call 08-698 90 00 or 08-698 90 19

Victim support centre for victims of crime who need support. Call 0152-176 00



STRÄNGNÄS KOMMUN

Kontaktcenter – *the central contact for municipal services*

Phone: 0152-291 00 | E-mail: kontaktcenter@strangnas.se

www.strangnas.se