



## **Violence in close relationships**

Who do I go to:

- if I am a victim of domestic violence?
- if I have children who have experienced domestic violence?
- if I am a perpetrator of domestic violence?

### **What is domestic violence?**

Domestic violence is a serious social problem. Violence is more common than many people think. It is important that those who are victims of domestic violence, those who have children who have experienced domestic violence, or those who are perpetrators of domestic violence, can receive help and support.

*Selected definitions:*

### **Violence against women**

"Any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life."

*Declaration on the Elimination of  
Violence against Woman  
UN 1993*

### **Domestic violence**

*(Persons living together or who have lived together)*

Domestic violence can take the form of psychological, physical, material, sexual or latent violence as well as a threat of violence, abuse and oppression. This also includes actions that frighten, offend, harm or undermine a person's integrity. Neglect is also a degree of exposure to violence in groups of people with mental and physical disabilities.

Swedish Association of Local Authorities and Regions,  
SKL 2009

### **Are you exposed to violence?**

In the Municipality of Jönköping there are various organisations that you can turn to if you need help and support.

### **Municipality of Jönköping**

You can get in touch with the municipal organisations through a contact centre by calling 036-10 50 00 or by calling one of the following organisations directly.

**Advice and service:**

**Women's Aid Centre**

Aimed at women and men aged 18 or older who live, or have lived, with a partner who exposes them to some form of violence. Such acts include psychological and physical violence as well as sexual abuse.

Phone 036-10 53 91, 10 50 83, 10 56 09

Co-ordinator: Phone 036-10 29 56

**Advice Centre for Men**

Aimed at persons aged 18 years or older who have a problem dealing with their anger and/or perpetrate domestic violence/threats.

Phone 036-10 53 18, 32 32 29

**Family Centres**

The Family Centres have 'Trappan' discussions with children who have experienced violence within the family.

Contact via the contact centre: Phone 036-10 50 00.

**Support Centre for Young Victims of Crime**

Aimed at persons under the age of 21 who have been the victim of, or who have witnessed, a crime.

Phone 036-10 78 18, 10 28 69

**Children and Young Persons' Reception functions**

Aimed at persons seeking advice regarding a child's situation. You can get in contact if you suspect that a child is being harmed.

South (Råslätt):

Phone 036-10 80 32, 10 68 20

West (Östra Storgatan 64):

Phone 036-10 72 99

East (Town Hall, Huskvarna):

Phone 036-10 29 56, 10 70 96

Read more about municipal activities on the social services website:

[www.jonkoping.se/social](http://www.jonkoping.se/social)

**County Council**

If you have been the victim of violence, or are afraid of becoming a victim, you can receive help with both physical and mental injuries.

Phone, switchboard 036-32 10 00

Health Centre: see Blue Pages in the telephone directory. During the evenings and at weekends you will be put through to the duty team automatically.

In case of life-threatening injuries, call 112.

Website: [www.lj.se](http://www.lj.se) (Search on 'Counsellor clinic: victims of violence – who do I turn to?')

**Police authority**

If you have been the victim of a crime this will be reported to the police. A police report helps you safeguard your rights and interests. It is the duty of the police to investigate the crime. During legal proceedings you can receive support and help through the police authority criminal victims' co-ordination scheme.

Phone 114 14

Website: [www.polisen.se/jonkoping](http://www.polisen.se/jonkoping)

**Voluntary organisations:****Women's Shelter**

Aimed at women who have been exposed to, or are being exposed to, violence or threats of violence by a partner or other close relation. Initiatives are targeted at all forms of violence. Offers support discussions and sheltered accommodation. The Women's Shelter is a non-profit organisation and has no political or religious affiliations.

24-hour helpline.

Phone 036-16 36 82

Website: [www.kvinnojouren-jkpg.se](http://www.kvinnojouren-jkpg.se)

**Girls' Shelter**

Aimed at young girls who feel that they need to talk to someone. They can talk about anything they wish and anything that is said is in strictest confidence. The Girls' Shelter is a non-profit organisation and has no political or religious affiliations.

Contact us by e-mail, msn, telephone or make an appointment for a visit.

Tuesdays 6pm – 9pm

Phone 036-12 22 01

E-mail: [tj.jonkoping@hotmail.com](mailto:tj.jonkoping@hotmail.com)

**Criminal Victims' Service**

The Criminal Victims' Service in Jönköping (BOJ) is a non-profit association that provides advice, support and help, free of charge, to anyone who has been the victim of, or who has witnessed, a crime and also to their relatives. We offer someone to talk to, support in conjunction with court proceedings and help in contact with the authorities. We have self-help groups for those who have experienced domestic threats and violence.

Phone 036-10 76 40

E-mail: [info@jonkoping.boj.se](mailto:info@jonkoping.boj.se)

Website: [www.jonkoping.boj.se](http://www.jonkoping.boj.se)

**Vårsol Family Centre**

Offers individual 'Trappan' discussions and group activities for children and young people who have witnessed domestic violence.

Phone 036-17 32 72

Website: [www.fralsningsarmen.se/varsol](http://www.fralsningsarmen.se/varsol)