

# Are you experiencing violence in a close relationship?

There are different kinds of violence in a close relationship. Sometimes it's a person's partner who behaves violently. Sometimes it's other relatives. It could also be a child behaving violently towards his/her parents. The violence can be of a psychological, physical or sexual nature. Some examples are when someone:

- Insults you, calls you names and says you are a worthless and difficult person
- Pushes, hits or hurts you in some other way
- Controls and restricts you or forces you to do things you do not want to do
- Forces you to adapt the way you behave or your way of life
- Forces you to do something of a sexual nature
- Takes control of your finances

## You are entitled to protection and support

Violence in a close relationship can happen to anyone. If you have experienced this sort of violence, you are to be given information, protection and support and you are to be treated respectfully and with empathy. These are your rights. If you have children, they are also entitled to support.

## You can get help with:

- Counselling
- Protection and temporary accommodation
- Help when you contact other public authorities, for example the police

Contact us so we can help you. You can remain anonymous if you wish.

In an emergency, always call 112.

## Contact us:

- **Organisation:** Centrum mot våld i Jämtlands län - för alla som bor i Jämtland
- **E-mail address:** [centrummotvald@ostersund.se](mailto:centrummotvald@ostersund.se)
- **Telephone number:** 0200-120 145
- **Homepage:** [www.ostersund.se](http://www.ostersund.se)