

The Terrafem International women's shelter
43 languages. It costs nothing to phone and the
call will not be shown on your telephone bill.

020-52 10 10 info@terrafem.org

The women's forum
Personal development, rehabilitation, teaching
and Preventive measures.

www.kvinnoforum.se

The Women's Peace
A voluntary association which spreads
knowledge about female mistreatment.

www.kvinnofrid.se

The Women's Peace line
A support line which is open day and night.
It costs nothing to phone and the call will not
be shown on your telephone bill.

020-50 50 50
www.kvinnofridslinjen.se

The Crime Victim On-call Service Västerås
(Fagersta Branch)
Support in a variety of languages.

0223-711 70
08-642 00 44
www.boj.se

The Crime Victim Compensation and Support
Authority

www.brottsoffermyndigheten

Honour-related oppression and violence

www.hedersfortryck.se

BRIS The children's help telephone
Monday - Friday
Saturday - Sunday
It costs nothing to phone and the call will not
be shown on your telephone bill.

116 111
15.00 - 21.00 pm
15.00 - 18.00 pm

Someone to talk to (jourhavande medmänniska)
Every night 21.00 pm - 06.00 am

08-702 16 80

The Police

114 14

The Police emergency

112



The FRIDA Women's shelter

Available for you

The FRIDA Women's shelter

The FRIDA Women's shelter is a voluntary association which is independent of both religion and politics. We oppose all forms of oppression and violence against women and children in Fagersta, Norberg and Skinnskatteberg.

We speak Swedish, English, Arabic, Romanian and Bosnian.

We can provide the following help

- Practical advice by telephone or when you visit us.
- Home visits
- Listening to you and your problems
- Information about your rights.
- Help if you need to contact the family rights section or other authorities.
- Help if you need to write to some authority.
- Help in understanding the decisions of authorities.
- Someone to accompany you to a doctor, police, lawyer, social services and the like.
- Advice and support for your decisions.
- Suggestions about good lawyers and other advisers.
- Support if there is a Court trial.
- Protected housing for you and your children in an emergency situation.
- Help in moving to another city through our contacts with other women's shelters.

Learn the warning signs

If you can answer "yes" to several of the following questions, you are probably living in a relationship which is not good for you:

- Do you feel something is wrong in your relationship?
- Do you feel afraid and threatened?
- Are you blamed for everything that goes wrong?
- Are you controlled and isolated?
- Does your partner call you e.g. idiot, whore or bitch?
- Does your partner accuse you of being unfaithful?
- Does your partner have total control over your money and property?
- Is your partner angry if you phone your friends or family?

Telephone:

070-275 19 28, 0223-128 50

E-mail

frida.1@live.se

Dare to contact us
You can be anonymous
We are committed to secrecy