

National support

Kvinnofridslinjen 020-50 50 50

National helpline for women who have experienced threats or violence. You can call this number even if you cannot speak Swedish. Calls are free of charge and will not be visible on the phone bill. You can remain anonymous.

www.kvinnofridslinjen.se

BRIS 116 110

Helpline for children and adolescents. It is also possible to chat with or email BRIS. You can remain anonymous.

www.bris.se

RFSLs brottsofferjour 020-34 13 16

Helpline for homosexual, bisexual, transgender and queer people who have been exposed to crime or violence.

www.rfsl.se/brottsoffer/

Terrafem 020- 52 10 10

Helpline for people who have experienced violence. Help is provided in many different languages. Calls are free of charge and will not be visible on the phone bill. You can remain anonymous.

www.terrafem.org

Brottsofferjouren (Victim Support Sweden) 0200-21 20 19

Helpline for people who have been subjected to crime. You can call this number even if you cannot speak Swedish.

www.boj.se

Contact us:

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