



We're here for you  
– around the clock,  
throughout the year!



Krise- og  
incestsenteret  
i Follo

# WHO ARE WE?

The crisis and incest centre is a service for people who are at risk of and/or are exposed to abuse and sexual abuse.

- We're open around the clock – throughout the year
- We work according to the principle "help to help yourself"
- We are a low-threshold service. This means that a referral is not required to contact us
- Our services are free
- We are a part of the other care services in Follo

## **Our services:**

- Temporary accommodation
- Therapy services
- Advice and guidance by telephone
- Interpreter
- Lawyer
- Follow-up in reestablishment phase
- Aid for reporting to police
- Self-help groups
- **TILBUD TIL PÅRØRENDE**

# ABUSE AND SEXUAL ABUSE

## **What is abuse?**

The use of mental and physical violence against other people, such as:

- Threats
- Force
- Isolation
- Beating
- Kicking
- Pulling hair
- Forced marriage

## **What is sexual abuse?**

When one harasses or physically exploits a person through a sexual act.

Children are subjected to sexual abuse when they are included in sexual activities they fail to understand the consequences of, and which they are far too immature to consent to.

We know that domestic violence happens in all types of communities. Abuse affects children, youths, adults and the elderly – regardless of gender, age and ethnic background.

**Does this affect you? Contact us – we're here for you!**



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