



ACUTE SITUATIONS

In case of serious threats and/or physical injuries, call the **police on 112!**

Contact the crisis center or emergency room for an examination and follow-up. Avoid body washing before the examination.

In the case of strangulation, the victim should always have medical supervision.

Offer the victim to contact **Crisis shelter for Sunnmøre.**

Obligation to report

Through Section 196 of the Penal Code, we all have a personal duty to report or otherwise avoid and prevent criminal offences. This is a personal responsibility and overrides the duty of confidentiality.

WHAT DO YOU DO?

Guidance

If you are not sure what to do, you can discuss the matter with a women's center or the police.

Information about assistance

Help the victim of violence to get in touch with the support system.

Crisis shelter

Anyone who is exposed to violence or abuse from a partner, family or others in close relationships can be offered protection, security, advice and guidance. You do not need to be in an acute crisis to get help. The service is free and available around the clock. You can make direct contact and do not need a referral.

IMPORTANT PHONE NUMBERS

Phone 24/7

Police: 112 or 02800

Crisis shelter for Sunnmøre:

- dep. women & children: 70 16 33 33

- dep. men & children: 90 70 74 33

Emergency room: 116 117

Child protection officer: 91 57 60 20

Abuse center: 116 117

What to do as an employee, colleague or friend WHEN SUSPECTING VIOLENCE IN CLOSE RELATIONSHIPS



Krisesenter for
SUNNMØRE

An intermunicipal collaboration between

Fjord | Giske | Hareid | Herøy | Sande | Stranda | Haram
Sula | Sykkylven | Ulstein | Vanylven | Volda | Ørsta | Ålesund



OBSERVE

- Wounds and bruises
- Burns and cuts
- Self harm
- Concentration difficulties
- Sleeping and eating disorder
- Restlessness and acting out behaviour
- Change in mood
- Appointments are often changed
- The family objects to insights
- Frequent visits to the doctor with diffuse symptoms
- Reactions to body contact
- Use of drugs

ASK

Try to have a dialogue.

You might start with:

- I have noticed that...

Describe what you see:

- you are often away from work

- you seem tired

- you have a bruise on your arm

Continue with:

- it may not apply to you, but my experience is that many people who have trouble at home can get these problems.

- how is everything at home?

TIPS

- Try to avoid the word violence
- Ask open questions
- Use active listening like – *hm ... tell me more about that.* - *What did you do?*, - *Where were you?* - *How did that feel?* etc.
- Repeat key words from what is being told.
- Avoid evaluations of what has happened: *- Oh, that's awful* etc.

CLARIFY

What kind of violence was used?

- Beatings, threats, sexual coercion
- Hair pulled, burned, humiliated or ridiculed
- Lack of control over own finances
- Social control
- Destroys things the person is fond of
- Pets are mistreated
- Forced marriage, female genital mutilation

How severe is the violence?

- Is there a danger to life and health?
- Describe what happened.
- Are you afraid something will happen in the future?
- Have you previously been in contact with the police or a women's shelter?

ATTENTION! Could children have witnessed the violence?

Send a report of concern to child protection. Witnessing violence can be just as damaging as being exposed to it.

Risk factors

Divorce, previous episodes of violence, loss of honor, drugs and access to weapons can increase the risk for aggravated violence and killing of a partner.

Violence is about more than hitting!

