



## WE ARE HERE FOR YOU!

The spread of the new corona virus is a crisis for human life and health. Several of us are currently living in situations that may be different from our usual everyday lives, for example, we are more at home in order to prevent the spread of infection. It can be stressful both mentally, physically and socially.

When we are more at home, everyday life risks getting worse for those who's exposed at home. Children, young or adults - we all may need help if we not are well, subjected to violence or oppression by someone in our vicinity. If you suspect that someone in your vicinity is being subjected to violence or is hurting in any other way - contact us, we are here for you!

### HERE YOU CAN FIND HELP

#### **Söderköpings kommun**

If you go to school contact Elevhälsan at your school.

If you don't go to school you can call our social services on 0121-181 00 or read more at [soderkoping.se/vald](https://soderkoping.se/vald)

#### **BRIS**

Everybody under the age of 18 can call BRIS on 116 111 and talk to an adult. Read more at [bris.se](https://bris.se)

#### **Frideborg**

Söderköpings kommun has a collaboration with Frideborg. If you are a victim of violence call them at 011-15 00 00. Read more at [norrkoping.se/frideborg](https://norrkoping.se/frideborg)

#### **Ongoing crimes - contact the police at 112**

If there's not an ongoing crime, contact the police on 114 14. You can also read more on: [polisen.se/utsatt-for-brott/](https://polisen.se/utsatt-for-brott/)

