

# WE'RE TAKING A STAND AGAINST DOMESTIC VIOLENCE

*- will you help us?*

*Domestic violence takes place in the home, a space which should be the safest place on earth. In our accommodations, we want us to take care of each other. That's why we're introducing a policy encouraging us to together prevent domestic violence. Are you in?*

Domestic violence is a classified global health problem. Did you know that the ones most likely to expose others to domestic violence are men between the ages of 16 to 30 years? And the ones most likely to be exposed to the violence are women in the ages of 16 to 24 years? Introducing this policy in our student accommodation is therefore exceptionally important. Swedish national safety surveys show that a majority of those being exposed to violence, doesn't report the abuser. A number of people therefore live with violence every day.

## **Together we can make a difference!**

Together, with small actions, we can prevent the violence. Research shows that those being exposed to violence are more inclined to offer resistance if they know help is available, for example knowing that neighbours can come to the rescue. These conditions give us the opportunity to together help our fellow residents.

## **A safe place to live**

When neighbours together decide to act against domestic violence we create a safe place to live. Life can be saved and people can be helped to a brighter future. Act by knocking on your neighbours door if you're concerned. Get help, by another neighbour or us, if you find it uncomfortable to do it by yourself and call the police if the situation is urgent or threatening.

**Thank you for helping us save lives!**

..... A COLLABORATION BETWEEN .....



# IF YOU'RE CONCERNED ABOUT DOMESTIC VIOLENCE, PLEASE:



## **KNOCK ON YOUR NEIGHBOUR'S DOOR**

Ask if everything is okay or come up with something completely random, maybe you need to borrow washing powder? Just knocking on the door and then leave can also be enough to interrupt the violence.



## **GO TOGETHER**

We understand if it's uncomfortably to knock on the door yourself, and if that is the case you shouldn't do it. Instead, find the company of other neighbours and go together!



## **CALL 112 AND CONTACT THE POLICE**

Always contact the police in situations that appears threatening or urgent, both towards yourself or someone else.



## **IF CHILDREN ARE INVOLVED**

If you're concerned for children being exposed to violence or neglect, contact the social services and make a report of concern.

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# ARE YOU EXPOSED TO VIOLENCE? - *find support here*

*Are you living in a violent relationship, verbally or physical? Below we have listed organizations that can help and support you. You're also welcome to contact us at [info@housingoffice.se](mailto:info@housingoffice.se).*

## **National Emergency number**

Phone: 112

## **Sweden's national womens' helpline**

A national telephone helpline for women subjected to threats, violence, or sexual assault.  
Phone: 020-50 50 50 (available 24/7)

## **Student Health Service**

The Student Health Service has psychologists and counsellors, offering support and counselling to students at Uppsala University.  
Phone: 018-471 69 10 (mon-fri: 12:45 - 14:00)

## **University Church**

The priests and deacons support all students at Uppsala University regardless of religious belief.  
Phone: 018-430 37 06

## **Social Services**

To make a report of concern if you suspect that a child is involved in a situation of domestic violence  
Phone: 018-727 52 30

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