

Do you want more
information or
a **conversation** with
us?

Contact us by phone or e-mail.

Call: (+47) **778 45 260**

Engelsk



abcoGrafisk as

www.krisesenteretmidt-troms.no
post@krisesenteretmidt-troms.no
tlf: 778 45 260

**THE RIGHT TO A LIFE
FREE OF VIOLENCE**



WHAT IS KRISEENTERET?

(CRISIS CENTRE/SHELTER)

Krisesenteret i Midt-Troms offers help to persons that are or have been threatened or tormented, subjected to violence, abuse, or similar bad experiences.

Krisesenteret is a low threshold offering, and it is not necessary with a referral. We have a duty of confidentiality.

WE OFFER

24-hour phone line

We are available 24-hours each day.

Day visit

We offer support, advice, and guidance, and help to contact various relevant services.

Safe housing

Krisesenteret offers housing in the critical phase. The housing is free of charge.

Ongoing support after you leave the shelter

We offer ongoing support in the form of conversations over phone, day-visits and/or home-visits after a stay at Krisesenteret.

Outward business

Krisesenteret offers information and training to other help services, the public, and public authorities.

WHAT IS VIOLENCE?

Domestic abuse/violence in close relationships happens in all societies and all environments.

Violence is:

“any action directed against another person who, through this act, causes injury, pain, intimidation or violation, causes that person to do something against her/his will, or to stop doing something she/he wants”

Translated from - “Meningen med volden”, Per Isdal, 2000

Many are unsure if what they are experiencing is violence. If you are unsure, please contact us or read on our homepage.

Children and violence

“Violence boils down to the basic security that children need to progress well and is a burden far beyond what each episode represents.”

Translated from - “Barn som lever med vold i familien», Heltne, Selvåg, 2011