



Terrafem  
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Engelska



Women!  
Do you feel unsafe?  
Is someone controlling you, insulting you,  
threatening you, beating you or subjecting  
you to sexual abuse?  
Are you afraid you'll be forced  
to marry someone?  
Do you need someone to talk to?  
Call Terrafem.  
You'll get help in your native language.

020-52 10 10

### **Beating is a crime**

Your spouse, your live-in partner, your father, your brother, your son – none of them have the right to control, limit, threaten, beat, or subject you to sexual abuse. The guilt is not yours.

Men are responsible for their own actions.

### **You are not alone**

Many women are subjected to violence regardless of their age, occupation, social class, religion and nationality.

You should not accept being beaten. Tell someone what's happening to you! When you break the silence, it opens the pathways to help.

### **If you don't have permanent residency (PUT)**

There is help for you even if your husband

threatens you and says you will be deported if you report him to the police or tell someone that he is abusing you.

### **Call Terrafem**

You'll get help in your native language. Terrafem will help you work through the injuries that violence and oppression involve.

Terrafem can provide you with legal counselling, prepare you for meetings with the police, and support you during a trial.

Terrafem can offer you safe housing in collaboration with social services. Your call will not show up on your telephone bill, and the number will not be recorded. It is free to call. You can be anonymous when you call us, and we are bound by professional secrecy.