



Violence in close relationships

Support for perpetrators of domestic violence



**TANUMS
KOMMUN**

Contact us to receive support

Have you ever lost control of your anger or hurt someone close to you? If you live in Tanum municipality, you can get advice and help by talking to the social services' resource and treatment team at Möteshuset.

The social services can help to those over the age of 18 who have difficulties managing their own emotions, such as anger. It's also for those who have used some form of violence in a close relationship, or are afraid that they will hurt someone close to them. It's also for those who have felt any of the below:

- when I get angry, I raise my voice, yell and say mean things
- my partner (and children) sometimes gets scared of me and feel uncomfortable
- I have been known to get jealous and control my partner by texting/calling them often, commenting on their friends or their appearance/choice of clothes
- I have threatened to hurt myself or my partner

If you recognize yourself in any of the above, please contact the social services on 0525-180 00.

We can offer you

- advice and support
- conversations on violence
- help in contacting healthcare and other authorities
- help to look after your child's needs, if there are children involved
- the opportunity to discuss child custody and access issues
- help to make other contacts within the social services

There is more help available

Choose to stop

Phone 020-555 666
www.valjattsluta.se

Manscentrum

www.manscentrum.se

Nationella Mansjouren

Phone 08-30 30 20
www.mansjouren.se



If there are children in your family

If there are children involved, the municipality's child and youth unit needs to investigate the child's situation to assess their need for support.

We have an obligation of confidentiality

All social services staff are bound by confidentiality and the help is free of charge.

Don't hesitate to contact us!

Read more at
www.tanum.se

CONTACT

Social services tel. 0525-180 00.
The phone is manned during office hours, Monday–Friday 8:00-16:30.

If you need help after office hours, please contact the social emergency services on phone number: 0522-69 74 44 during the following times

Monday–Thursday, 16:30-23:00

Friday, 15:30–02:00

Saturday, 16:00–02:00

Sunday, 16:00–23:00

For all other hours, the social emergency services can be reached through the police by calling 112

If the situation is urgent, always call 112!

**Support from
organizations and
associations**

Choose to stop

Phone: 020-555 666

www.valjattsluta.se

Manscentrum

www.manscentrum.se

Nationella Mansjouren

Phone: 08-30 30 20

www.mansjouren.se

**In emergency
situations,
always call the
police: 112**



Tanums Kommun

Visiting address Apoteksvägen 6

Visiting address 457 81 Tanumshede

Phone 0525-180 00

kommun@tanum.se

www.tanum.se



**TANUMS
KOMMUN**