

# ASSAULT CENTRE

for individuals exposed to sexual abuse and intimate partner violence

Medical help and advice

Open 24 hours

Operates independently of the police

Free of charge

Confidential



## Sexual abuse

You have been sexually abused if you have been forced to take part in sexual activity against your will, regardless of whether this was through violence, threatening behaviour or because you were incapable of putting up resistance.

This applies regardless of whether you were sober, intoxicated or asleep.



## Intimate partner violence



Intimate partner violence includes physical and emotional violence and threats from relatives or people with whom you have a close relationship.

Are you afraid of your partner, your children or others who are close to you? Has your life been threatened, have you been abused or do you fear such incidents?

Are you forced to take part in sexual acts against your will by your partner or by others close to you?

Are you controlled, e.g. not permitted to manage your own money or to contact your family and friends? Are you constantly being told how worthless you are?

Do you have children? Children who experience domestic violence can suffer severe consequences, and increased risk for anxiety, depression and behavioural disorder.

## The assault center provides

- Immediate help
- Counselling in a safe environment
- Medical examinations relevant to injury, infection and pregnancy
- Forensic examinations for obtaining evidence
- Assist with contacting the police
- Help, even if the abuse is not recent
- Help with contacting legal counsel (free) whether or not a complaint is made
- Information about follow-up care, women's shelter and other places to get help



You choose whether or not you would like to benefit from part or all of what we have to offer.

You are welcome to bring someone with you if you wish.



## Common reactions

Wanting to shower and change clothes are common reactions after an assault, but this can remove important evidence. Instead, seek help immediately.

You may feel the need to be alone. This is understandable, but it is important to talk to someone about what you have experienced.

Many people experience feelings of guilt and shame, but the responsibility for abuse is solely on the perpetrator.

It is a basic human right to live your life without violence or the fear of violence.

Abuse can happen to anyone, regardless of age or sex.

Contact us!



## Others who can help

### Help for victims/survivors:

Casualty Clinic (Legevakt)  
General Practitioner (Fastlege)  
Health Centre (Helsestasjon)  
Centre for Abused Children (Barnehuset)  
Women's Shelter (Krisesenter)  
Dixi Resource Centre  
Supportcentre Against Incest

Police Tel: 02800

National Contact Line for the Elderly Tel: 800 30 196

Crisis Line for Minorities Tel: 800 80 887

Service for Victims of Crime Tel: 815 20 077

### Help for perpetrators:

Alternative to Violence: ATV  
Anger Management Programmes



### More information:

[www.legevaktmedisin.no](http://www.legevaktmedisin.no)

[www.Overgrepsmottak.net](http://www.Overgrepsmottak.net)

[www.nkvts.no](http://www.nkvts.no)

[www.krisesenter.com](http://www.krisesenter.com)

[www.norskkrisesenterforbund.no](http://www.norskkrisesenterforbund.no)

[www.fmsso.no](http://www.fmsso.no)

[www.dixi.no](http://www.dixi.no)



Assault centre can be found in all counties.

An overview is available on:  
[www.Overgrepsmottak.net](http://www.Overgrepsmottak.net)

National Centre for Emergency Primary Health Care is assigned tasks within professional development, research and competence improvement for the assault centres.





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[www.legevaktmedisin.no](http://www.legevaktmedisin.no)

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