



CRISIS SHELTER FOR MEN



“Violence is any act against another person that harms, hurts, threatens or frightens the other person in order to make them do something against their will, or stop them from doing something they want to do”

(Isdal, 2000)

Have you been subjected to assault, abuse, or other threatening or offensive behaviour by a partner, family member or other person with whom you have a close relationship?

Contact the Crisis Shelter.

The Crisis Shelter offers:

- Daytime consultations
- Support, care and understanding
- Review of your situation
- Advice, counselling and information
- Assessment of the threat picture
- Security measures
- Help with contacting the support services
- A safe place to live in a transitional situation
- Practical assistance, with solutions that help you to re-establish yourself

Men and violence

Many people think that men tend to be subject to violence in the public arena, while women are more likely to suffer domestic violence. All human beings are capable of using violence, and all human beings can be subject to violence and abuse, including domestic violence.

Many men experience violence from a partner, or others with whom they have a close relationship. Many men also find it difficult to ask for help. They are afraid of not being believed, or are ashamed. They may encounter prejudice and ignorance about their experiences. The situation may seem hopeless, and impossible to escape from.

Men experience violence in many situations, including:

- assault or abuse by a partner, parent, child or other family member
- being subjected to rape or sexual assault
- being the victim of honour-related violence, negative social control, forced marriage or people smuggling

Offer to day service users

This is an offer to men who are suffering or have suffered one or more types of violence or abuse in a close relationship, but who do not need to live in the Crisis Shelter.

If they need protection, men will be referred to our residential service.

For day service users at the Crisis Shelter in Salten we can offer:

- Advice and counselling
- Individual consultation
- Help with processing violent experiences
- Help with contacting the support services
- Help with finding a lawyer
- Help with contacting the Police for assistance
- Practical assistance
- Counselling for children who have been subjected to/witnessed violence
- Help with re-establishing themselves

Contact us on:

- 24-hour helpline: +47 7555 5890
- email: krisesenteret@bodo.kommune.no

Our telephones are operated by staff who are experts in violence and are experienced in working with people in crisis.

Contact us, so that we can try and find solutions together.

Many ask:

- Am I being subjected to violence or abuse?
 - What should I do when I break off the relationship?
 - What rights do I have, for example when living together breaks down?
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- **All Crisis Shelter staff are bound to secrecy.**
 - **All our services are free of charge.**
 - **Other support services can also refer men to the Crisis Shelter.**

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