

# Do you experience violence, coercion or pressure?

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## Free help is available to you

- if you feel unsafe where you live, and need a new place to live
- if someone puts pressure on you to do something against your will, in return for travel or housing
- if you experience sexual pressure or exploitation
- if someone forces you or puts pressure on you to work for them, do services or commit crimes
- if you are a victim of violence

## Talk to us – we will help you

- Personnel or volunteers at your reception centre
- Healthcare professionals
- UDI's information service
- The refugee service in your municipality
- The police

## NGO's (non-governmental organisations) helplines:

- **Caritas** helpline, we speak Ukrainian and Russian. Free of charge through WhatsApp. Open Monday-Thursday between 10:00 and 16:00. Please call: **(+47) 31 40 23 00**
- **ROSA** helpline for victims of human trafficking. We speak Norwegian and English, interpretation is available. Always open. Please call: **(+47) 22 33 11 60**.

## Are you a child or youth? Are you worried about a child

- **Alarmtelefonen** – helpline for children and youths. Telephone and chat in Norwegian and English, interpretation is available. Always open. Please call **116 111**.

For more information, follow the QR code:

