

















## REVAMP

### Norwegian organisations and agencies supporting adults

 <i>Name of institution</i>	 <i>Target group</i>	 <i>What do they do?</i>	 <i>Phone number</i>	 <i>E-mail</i>	 <i>Availability</i>	 <i>Homepage</i>	 <i>Keywords</i>
POLICE Politi	Anyone	Allows caller to contact <u>emergency</u> sevices for urgent assistance	112 / 02800	-	24/7	<a href="https://www.politiet.no/rad/vold-i-nare-relasjoner/">https://www.politiet.no/rad/vold-i-nare-relasjoner/</a>	Police Emergency Help
Kirkens SOS	Anyone	Conversation, promote courage and hope for those who are in emotional or existential crisis, and who feel that life is challenging	22 40 00 40	post@kirkens-sos.no	24/7 Phone, message or chat	<a href="https://www.kirkens-sos.no/">https://www.kirkens-sos.no/</a>	Support Conversation
VO-linjen	Victims of domestic violence and abuse (professionals and others witnessing DVA can also call)	Conversation and support	116 006		Phone 24/7 Chat Monday-Friday 9-15	<a href="https://www.volinjen.no/">https://www.volinjen.no/</a> <a href="https://www.volinjen.no/english/">https://www.volinjen.no/english/</a>	Support Conversation
NOK or SMISO	Victims of sexual abuse, adults and their relatives	self-help services for those exposed to incest, sexual abuse or rape			Find your local center	<a href="https://noknorge.no/finn-et-senter/">https://noknorge.no/finn-et-senter/</a>	Advice Conversation Self-help groups Courses
Kontoret for voldsoffererstatning	Victims of violence	Applications for compensation for victims of violence	78 98 95 00	post@voldsoffererstatning.no	Monday-Friday 12-14	<a href="https://www.voldsoffererstatning.no/">https://www.voldsoffererstatning.no/</a>	









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Røde Kors telefon om tvangsekteskap, kjønnslemlestelse og negativ sosial kontroll	Anyone	Advice regarding different types of honor-related violence (forced marriage, genital mutilation and negative social control)	815 55 201	info.tvangsekteskap@redcross.no	Monday-Friday 09-16 (phone), 09-15.30 (chat)	<a href="https://rodekorstelefonen.no/">https://rodekorstelefonen.no/</a>	Support Advice
Pårørendelinjen	Children and youth, adults, professionals	Knowledge and advice, information about rights and service	90 90 48 48	parorende@parorendesenteret.no	Phone or chat	<a href="https://www.parorendesenteret.no/hjem">https://www.parorendesenteret.no/hjem</a> (local help: <a href="https://www.parorendesenteret.no/finnhjelp">https://www.parorendesenteret.no/finnhjelp</a> )	Support Advice
Hjelpetelefonen – Mental Helse	Anyone	Conversation about mental health	116 123 From abroad: +47 91 116 123		Phone 24/7 Chat Monday-Friday 12-02, Saturday-Sunday 15-02	<a href="https://mentalhelse.no/fa-hjelp/hjelpetelefonen">https://mentalhelse.no/fa-hjelp/hjelpetelefonen</a>	Support Conversation
Din utvei	Information about services in cases of domestic violence, sexual abuse and rape	Webpage. Find national and local services		kontakt@dinutvei.no		<a href="https://dinutvei.no/alle-hjelpetilbud/">https://dinutvei.no/alle-hjelpetilbud/</a> <a href="https://dinutvei.no/languages/">https://dinutvei.no/languages/</a>	Web-Information in many languages
Kirsesenter	Victims of domestic violence	Information webpage. Find local services			Find your local center	<a href="https://dinutvei.no/vold-i-naere-relasjoner/hva-er-et-krisesenter/">https://dinutvei.no/vold-i-naere-relasjoner/hva-er-et-krisesenter/</a>	Short-term housing Advice Support Conversation









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JussBuss	Individual cases	JussBuss does not work directly with cases of violence, but with case areas that may nevertheless be relevant to victims of violence, such as social law, debt law and social security law.	22 84 29 00		Phone Mondays 16-19, Tuesday 10-15 Visit Mondays 16-19 (Oslo)	<a href="https://foreninger.uio.no/jussbuss/">https://foreninger.uio.no/jussbuss/</a>	Support Advice
Barnevernvakten	Assist children, young people and families in emergency situations  Professionals have a duty to report	The child welfare emergency services regarding: violence or witness violence, sexual abuse, parents who are intoxicated, care failure, genital mutilation, forced marriage			Private person: <a href="https://bekymringsmelding.fiks.ks.no">https://bekymringsmelding.fiks.ks.no</a>  Professionals: <a href="https://bekymringsmelding.fiks.ks.no/offentlig">https://bekymringsmelding.fiks.ks.no/offentlig</a>	<a href="https://www.barnevernvakten.no/">https://www.barnevernvakten.no/</a>  Find local office: <a href="https://www.barnevernvakten.no/finnbarnevernvakt">https://www.barnevernvakten.no/finnbarnevernvakt</a>	Message of concern online (if acute, contact Alarmtelefonen for barn og unge)
Barne-, ungdoms- og familiedirektoratet	Professionals	Knowledge and information about violence and abuse				<a href="https://bufdir.no/vold/">https://bufdir.no/vold/</a>	Information
Hjelpetelefon for seksuelt misbrukte	Sexual abused persons (child, youth, adult), incest victims, next of kin	Help, advice, conversations	800 57 000	post@hfsm.no	24/7  Messenger: <a href="https://www.facebook.com/Hjelpetelefon/">https://www.facebook.com/Hjelpetelefon/</a>	<a href="https://hfsm.no/">https://hfsm.no/</a>	Support Advice Conversation









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Kompetanseteamet mot tvangsekteskap, kjønnslemlestelse og negativ sosial kontroll	Professionals Exposed adults above 18 years may also call	Assist support services in specific cases involving forced marriage, genital mutilation or other forms of honor-related violence	478 090 50	Kompetanseteamet@bufdir.no	Phone Monday-Friday 9-15	<a href="https://www.bufdir.no/vold/Krisesentre_incestsentre_og_botilbud_for_utsatt_ungdom/Tvangsekteskap_og_kjonnslemlestelse/">https://www.bufdir.no/vold/Krisesentre_incestsentre_og_botilbud_for_utsatt_ungdom/Tvangsekteskap_og_kjonnslemlestelse/</a>	Advice Support Supervision
Epitel	Anyone experiencing psychological violence and bullying problems	Individual conversation and support, charges a fee (up to 15 minutes are free)	47 26 82 30	post@foreningenepitel.no	Monday 18-20, Tuesday 14-16, Wednesday 10-12, Thursday 17-19 (closed in holidays)	<a href="https://www.epitel.info/">https://www.epitel.info/</a>	Conversation Support
Alternativ til vold	Perpetrators of domestic violence	Therapeutic conversations	22 40 11 10	post@atv-stiftelsen.no	Contact a local office	<a href="https://atv-stiftelsen.no/behandlingstilbud/utover/">https://atv-stiftelsen.no/behandlingstilbud/utover/</a>	Treatment
Alternativ til vold	Victims of domestic violence	Therapeutic conversations	22 40 11 10	post@atv-stiftelsen.no	Bergen, Bodø, Trondheim, Stavanger,	<a href="https://atv-stiftelsen.no/behandlingstilbud/utsatte/">https://atv-stiftelsen.no/behandlingstilbud/utsatte/</a>	Treatment
TryggEst	Adult at risk	Information				<a href="https://bufdir.no/vold/TryggEst/er_du_utsatt_for_vold_eller_overnattingsvergrep/">https://bufdir.no/vold/TryggEst/er_du_utsatt_for_vold_eller_overnattingsvergrep/</a>	

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Mannstelefonen, Reform – Ressurscenter for menn	Males in challenging situations Both perpetrators and victims of violence	Conversations, support and information about other services	22 34 09 50	post@reform.no	Monday-Friday 17-20 (closed on national holidays)	<a href="https://reform.no/tjenester/mannstelefon/">https://reform.no/tjenester/mannstelefon/</a>	Support Advice Conversation