

## Is domestic violence a part of your life?

Anyone can encounter domestic violence, regardless of gender, age, social position or background. The violence can materialise in various forms. The most common forms are mental, physical, sexual and financial violence where the aim of the perpetrator is to gain complete power over the spouse's life. No one should have to live in fear of those they love, and admitting to violence towards yourself is the first step in seeking help.

**If you have experienced any of the following things from your spouse, then you have reason to seek help:**

- Do you fear him under any circumstances?
- Is he hot-headed, hot-tempered or does he throw tantrums?
- Is he easily angered when under the influence of alcohol?
- Does he try to stop you from: going where you want to, doing your job, going to school or exercising your hobbies?
- Does he always know where you are?
- Does he accuse you of being unfaithful?
- Does he criticise you, your friends or your family?
- Does he constantly accuse you and nothing you do is correct or done well enough?
- Does he say that "There is something the matter with you," and that you are even "crazy"?
- Does he belittle you in front of others?
- Does he control your financial matters and demand an explanation for everything you spend money on?
- Does he destroy your personal belongings on purpose?
- Does he shout or scream at you, your children and other people that are close to you?
- Does he threaten you with facial gestures, gestures or movements?
- Does he threaten to harm you, your children and other people that are close to you?
- Does he force you to have sex?
- Has he pushed you around, shoved you, or hit you and your children?

### Children and domestic violence

The consequences of domestic violence on the mental and physical health of children can be long lasting and even reach into adulthood. It is important to act before it is too late. There are resources for children where they are assisted in dealing with the trauma of witnessing domestic violence. Childcare is a part of the social services offered by the municipality and it is responsible for processing such cases.

Personnel of the child protection committee can call upon the services of The Children's House (Children's Protective Services) which is an institution that handles the cases of children that are suspected to have been victims of sexual violence. In The Children's House children get all the service they need, for free. But first it is necessary to turn to the personnel of the child protection committee of the municipality where the child in question lives. The Government Agency for Child Protection

([www. bvs.is](http://www.bvs.is)) has resources to aid children that the personnel of child protection committees can apply for.

**The one who notices that a child is so offended, its rearing so neglected or its conditions so poor that it could be regarded as a threat to the child has the obligation to report it to the local child protection committee. Personnel of the local child protection committee accept these reports. The one who reports can wish to remain anonymous unless special circumstances recommend otherwise. Personnel of child protection committees are a part of the municipal social services.**

### **Municipal social services in Suðurnes:**

- Family and social services in Reykjanesbær, Tjarnargata 12, phone 421 6700.
- Social services in Grindavík, Víkurbraut 62, phone 420 1100.
- Social services in Sandgerði, Garður and Vogar, Miðnestorgi 3, Sandgerði, phone 420 7555.
- **Outside office hours it is possible to contact The National Emergency Number, phone 112, which accepts child protection reports at any time, day or night.**

### **Municipal police in Suðurnes**

It is always possible to contact the police in Suðurnes concerning domestic violence. If there is suspicion backed up by physical evidence that someone is violating another in the home it is possible to request that the police implement a restraining order on the perpetrator or execute his expulsion from the home.

**The emergency- and assistance phone number for the police in Suðurnes is 112.**

**The phone number for the municipal police in Suðurnes is 420 1700.**

### **The Health Care Institute of Suðurnes**

The reception is open from 08:00-20:00 weekdays and other days from 10:00-19:00. Doctors, nurses and midwives are available for incoming patients weekdays from 08:00-16:00. Emergency care is provided by doctors, weekdays from 16:00-20:00 and weekends from 10:00-13:00 and from 17:00-19:00. **The phone number for The Health Care Institute in Suðurnes is 422 0500.**

### **The Safe Shelter for Women**

The Safe Shelter for Women offers abused women the following services.

- A safe house for women and their children when their stay in the home has become unbearable because of the mental and physical violence of the husband, of the man she lives with or from other members of the family. The safe house is also for women who have been raped.
- Phone counselling is available at all times, day and night. Women can call in to discuss their situation and to receive information and support.
- Free interviews are available for women who visit us without staying overnight, where information and support is offered. It is necessary to call 561 1205 to order an appointment.
- Self-help groups where a few women meet regularly under the guidance of a staff member of The

Safe Shelter for Women. It is necessary to have an interview first.

- [www.kvennaathvarf.is](http://www.kvennaathvarf.is)

## **Stígamót**

Stígamót is an education and counselling center for survivors of sexual abuse and violence. Its services are for both men and women who have been the sufferers of sexual abuse and violence and have reached the age of 18. Stígamót is also for family members and other relations of sufferers.

**Stígamót offers the following services:**

- **Support and counselling**
- **Group therapy**
- **Shelter in Kristínarhús** which is for women who have been sufferers of human trafficking or have gone in for prostitution but want out of it. Kristínarhús is also for women outside Reykjavík who want to sort out the consequences of sexual violence. Both short-time and long-time stays are possible. All the guests get an interview with a counsellor from Stígamót and on offer is access to other specialists according to individual needs like a doctor, nurse, lawyer, social worker, etc.

**The phone number in Kristínarhús is 546 3000. Stígamót is located at Hverfisgata 115, 105 Reykjavík. Opening hours are weekdays from 09:00-18:00 and the phone number is 562 6868. [www.stigamot.is](http://www.stigamot.is)**

## **DrekaSlóð**

DrekaSlóð is a service centre for sufferers of violence and their relatives. On offer are interviews for individuals, group therapy of various sorts and all kinds of instruction. The service centre is for both sexes aged 18 and older.

**DrekaSlóð is for the following groups:**

- People who have been bullied in youth or as adults.
- People who have been sufferers of any kind of sexual violence.
- People who have been sufferers of violence in couple's relationships.
- People with a hearing impairment.
- Disabled people.
- Families, friends and relatives of sufferers of violence.
- Spouses of sufferers of violence.
- People who suffered neglect in their youth.
- Sufferers of violence.
- People who want more enlightenment concerning violence.

DrekaSlóð offers interviews in Reykjanesbær. The phone numbers for ordering an interview are 551 5511 and 860 3358 and the e-mail address is [drekaSlod@drekaSlod.is](mailto:drekaSlod@drekaSlod.is)

The organisation is located at Borgartún 3, 105 Reykjavík. Opening hours are weekdays from 09:00-17:00 and the phone numbers are 551 5511 / 860 3358.  
[www.drekaslod.is](http://www.drekaslod.is)

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### **The emergency room at Landspítalinn for sufferers of sexual violence**

The aim of the emergency room is to ensure the welfare and position of those who seek help because of rape, attempted rape or other sexual violence. The purpose of the emergency room is to alleviate or prevent mental and physical health damage which is often the consequence of sexual violence. It is important to seek help as soon as possible after the offence has taken place. The emergency room at Landspítalinn in Fossvogur can be entered directly for any type of emergency care. Police can also be contacted for information and assistance in getting to the hospital.

**The emergency room at Landspítalinn has the phone number 543 2000.**

### **Men to Take Responsibility**

Men to Take Responsibility is the only specialised treatment resource available in Iceland for men who have executed domestic violence. Psychologists conduct individual and group therapy where the treatment involves taking responsibility for one's own violent behaviour and then developing ways to confront interpersonal relations in a constructive way. It is emphasised that the individual accepts the assistance of his own free will and that he orders the interview himself. There are exceptions from this main rule, for example when child protection committees refer cases to this treatment resource.

**More information on the treatment is given if you call the phone number 555 3020.**

**The e-mail address is [kta@lifogsal.is](mailto:kta@lifogsal.is)**

**[www.karlartilabyrgdar.is](http://www.karlartilabyrgdar.is)**