

Crisis support in Rinkeby June 2020

with good contacts to turn to

updated June 24

On Tuesday, June 16, the city district department activated its crisis support, after it became known that a 66-year-old man involved in a local Rinkeby association had been arrested for sexually abusing children.

The special crisis support operation is closed, but citizen's hosts and field assistants are moving around the area and answering questions about where to turn if you have been a victim, know someone who has been a victim, or feel anxious.

Counsellors at the family houses in Rinkeby and Husby can provide parents with support and guidance by phone: +46 (0)8-508 01 119 during weekdays between 8.00-16.00. After business hours and at weekends, please turn to the social services hotline +46 (0)8-508 40 000.

Are you worried about your child's experience?

- **Police report** If you believe that your child has been the victim of a crime, in this case sexual assault, call the police on 114 14 (In case of acute danger, always call 112).
- The **family house** can provide support and guidance, call +46 (0)8 508 01 119 weekdays between 08:00-16:00. After business hours and at weekends, call the social services hotline at +46 (0)8 508 40 000.
- Contact social services reception unit for children and young people if you are concerned about a child at phone number +46 (0)508 01 968.
- **Youth clinic** for young people under the age of 23. If you have concerns or need to talk about something, you can call the youth clinic weekdays between 08:00-16:00. Phone number: +46 (0)8 123 36020.
- **Field assistants** are available if you have concerns or need to talk about things you've been through, call +46 (0)8 508 010 89 weekdays between 09:00-17:00.

Others who can answer questions and provide help

Your BVC nurse can answer questions about your child's health and development.

BVC Rinkeby, +46 (0)8-123 399 08, **BVC Kista**, +46 (0)8-123 409 40.

Primary Care Psychiatry Counselling and treatment for children and adolescents up to 18 years of age with early signs of feeling mentally ill.

Among others **Kista BUMM**, +46 (0)8-650 16 16, and **Anwar BUMM** in Kista +46 (0)8-121 495 08.

Prima Järva, +46 (0)8-410 60 710. Child and youth psychiatric clinic with specialist-level care and treatment.

The youth relief centre works in Järva, with focus on Rinkeby, Friday and Saturday between 14:00-00:00, Sunday between 14:00-20:00. The youth relief centre in Järva can be reached by calling +46(0) 8-508 43 680.

Support centres are aimed at young people who have been victims of crime or have witnessed crime. Young people and parents can have supportive conversations, receive counselling and practical help. Contact: +46 (0)8-508 48 015, stodcentrum.nord@stockholm.se

Bris hotline for children: 116 111. The hotline is open weekdays between 09:00-12:00 and 14:00-21:00.
Saturday-Sunday between 14:00-21:00.

Bris adult hotline about children: +46 (0)77-150 50 50. The line is open weekdays from 9:00-12:00.

Were you sexually abused when you were a child?

- **Police report** If you been the victim of a crime, in this case sexual assault, call the police on 114 14 (In case of acute danger always call 112).
It is good to report an abuse to the police as soon as possible, but you can report an assault even if it has been a long time since it happened.
- **Youth clinic** for young people under the age of 23. If you have concerns or need to talk about something, you can call the youth clinic weekdays between 8:00-16:00, phone number: +46 (0)8 123 36020.
- **It's never too late to seek medical attention.** It is also perfectly okay to hold off on seeking medical attention until you feel ready, even if it has been some time since the assault occurred. It is never too late to process experiences of sexual crimes. Many people do not want or dare to seek help and talk about sexual crimes, even though the abuse still impacts their lives. It is important to seek help if you notice that the abuse impacts your everyday life or life in general.
- **Contact your family doctor's office** for help when you as an adult need help and treatment for sexual abuse that occurred during your childhood. If the problem turns out to be too extensive, the family doctor's offices will – at professional discretion – refer you to specialist care. Contact details to family doctor's offices can be found on the website 117.se.
- The region's website 1177.se provides more information and links to organisations that can provide support to victims.

<https://www.1177.se/Stockholm/liv--halsa/overgrepp-och-sexuella-trakasserier/valdtakt-sexuella-overgrepp-och-andra-sexualbrott/>

