



**Are you concerned about your behaviour?
Don't risk hurting the one you love.
Call us at 020-555 666!**

Choose to stop is a phonenumber for anyone concerned about their controlling or violent behavior towards a partner or people close to you. With us you get the opportunity to talk anonymously with a friendly advisor who has extensive experience of meeting people in your situation. You get **free support and advice**, and we can help you to get in contact with treatment programmes if you want and need. You are also welcome to contact us if you have questions about anger and violent behavior, even if you are not violent in your relationship yourself.

We offer telephone interpreting to enable those who speak other languages than Swedish or English to access our phonenumber. Simply ask for a telephone interpreter when you call us – and tell us which language you need and wait in the telephone.

**Our opening hours are:
Monday, Tuesday and Thursday 08.30 to 16.00**

When the phonenumber is closed, a voicemail service is available. We will call you back from a hidden number within two working days.

You can also email us at info@valjattsluta.se. You are not anonymous when you email but we delete your information after we have responded. If you leave your phone number in the email, we will call you back within two working days. We do not give advice or referrals via e-mail.

“نم أقصد إختافتها،
بل أردت فقط أن
أجعلها تنصت”

اختيار
التوقف

020
555
666

هو خط الهاتف لأولئك الذين يخاطرون
بالحاق الضرر بمن يحبون

**“Nisam imao
nameru da je
uplašim, samo
sam želeo da
me sasluša”**

**ODLUČI
DA
PRESTANEŠ**

**020
555
666**

Telefonska linija za vas koji ste u opasnosti
da povredite osobu koju volite

**“I didn't mean
to scare her.
I just wanted
her to listen”**

**CHOOSE
TO
STOP**

**020
555
666**

Call our helpline.
Don't risk hurting the one you love.

"من مەبەستم ئەو نەبوو بێتەر سینم، تەنھا ویستم ئەو گوئیست بێت"

کو تایی
پیهیان
هەلبژیره

020
555
666

هینکی تەلەفۆنە بۆ تۆ که مەترسی نەوت هەیه زیان به
خۆشەویستی خۆت بگەیهنیت

“نمی خواستم او را
بترسانم، فقط می
خواستم او به حرف
من گوش کند”

پایان دادن
به خشونت
را انتخاب کن

020
555
666

خط تلفنی برای افرادی که احتمال دارد به کسی که او را
دوست دارند صدمه وارد کنند

**“Mi intención no
era asustarla,
solo quería que
escuchara”**

**ELIJA
TERMINAR**

**020
555
666**

Línea de teléfono para usted, que corre el
riesgo de dañar a la persona que ama