



A way out of domestic violence

Utväg offers support to people who have been subjected to or have used violence in a close relationship, as well as to children and young people who have experienced domestic violence in their families.

What is domestic violence?

Every year, thousands of people are subjected to violence by someone they live or have lived with in a domestic setting. Domestic violence can affect anyone – regardless of gender, sexual orientation, ethnicity, age, or ability.

Domestic violence can take many forms: physical, psychological, material, sexual, economic, digital, or hidden. It can also continue after separation, in the form of post-separation abuse.

This kind of violence is both deeply harmful and a criminal act. It affects the physical and mental health of everyone involved, both in the short and long term. Being subjected to domestic violence can lead to anxiety, chronic pain, depression, and self-destructive behavior. It also impacts daily life and relationships with others.

Being subjected to domestic violence

Are you currently – or have you previously been – subjected to domestic violence? It is common to feel powerless and isolated. Many people live in fear of further violence and may experience guilt and shame. Psychological abuse is often combined with physical and sexual violence. Abuse often continues even after a relationship has ended.

At Utväg, you can talk about and process what you've been through – to understand how it has affected you, and to build hope for change.

Children's experience of domestic violence

When domestic violence occurs in the home, it becomes part of a child's everyday life. Children usually see and understand more than adults think. Growing up with domestic violence creates a sense of insecurity. A child's self-esteem may suffer, and they may struggle to understand their emotions – which can affect their relationships with others.

Do you recognize yourself as a parent of a child who has experienced domestic violence – or are you that child?

At Utväg, children can talk about and process their experiences in individual sessions tailored to their age and maturity. They may also join group sessions with peers who have been through similar situations. The parent who has not used violence can participate in a parenting group to receive support and tools for their parenting.



Have you used violence?

Do your anger and behavior have negative consequences for you and your family? Are you jealous or controlling toward your partner? Do your partner or children find you frightening?

There is help available.

The person who uses violence is always responsible for their actions. At Utväg, you can get support to reflect on your behavior and work toward change – by taking responsibility, managing emotions, and finding non-violent ways to relate to others.

Utväg - a way out of domestic violence

Utväg offers free and voluntary support for people who have been subjected to or used domestic violence, and for children and young people who have lived in families affected by domestic violence. Support begins with individual counselling and may later include group sessions.

Utväg operates under the Swedish Healthcare Act. This means we are bound by confidentiality, have a duty to report if a child may be at risk, and all records are securely protected.

Contact Utväg

Does this sound familiar to you? Change is possible – and help is available.

If you live in Södra Älvsborg or Skaraborg, you can seek support from Utväg, which has offices in Borås, Skövde and Alingsås.

Phone number for Skaraborg

070 - 085 25 06

Phone number for Södra Älvsborg

070 - 716 09 29



For information about phone hours, scan the qr-code or visit our web page.

You can also contact us via 1177.se

