



FOR EVERYONE 18 YEARS AND OLDER WHO HAVE SURVIVED VIOLENCE

Bjarkarhlíð offers:

- Counselling, support and information for survivors of violence
- Coordinated services under one roof
- Individual interviews
- Legal consultation
- Consultation with social workers
- Service for survivors of human trafficking

All services in Bjarkarhlíð are free of charge

Partnering with Bjarkarhlíð are: Reykjavík City, Metropolitan Area Police, Stígamót, Drekaflóð, The Womens Shelter, The Women's Counseling, the Ministry of Welfare, the Ministry of Justice and the Human Rights Center of Iceland.

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Bjarkarhlíð

Family Justice Center
for survivors of **violence**
counselling – support – information

BJARKARHLÍÐ OFFERS COUNCELLING, SUPPORT AND INFORMATION FOR EVERYONE

- Provides coordinated service that is survivors driven by asking the clients what they need
- Provides information about the appeal process and the justice system with the police
- Assistance from the police to ensure safety for the survivors and to assess the risk of further violence
- Offers information about the nature and consequences of violence
- Children who witness domestic violence get psychological support from the Reykjavík Child Protection Service

THE GOAL OF BJARKARHLÍÐ

- To coordinate services for survivors of violence in one place
- To meet the needs of survivors and their children
- To provide common forum for information and discussion about the different manifestation of violence
- To send a clear message to the community that violence will not be tolerated



WHAT IS VIOLENCE?

- **Physical abuse:** Punching, hitting, kicking, pushing
- **Psychological abuse:** Shaming, threatening, humiliating, controlling
- **Sexual abuse:** Rape, incest, sexual harassment, sexual violence on the internet, porn, human trafficking
- **Financial abuse:** Victims have no access to money, victims have no control over their money
- **Material abuse:** Ownership not respected, things destroyed
- **Neglect:** Obvious needs for assistance, such as medical help and medication are withheld
- **Follow or threaten:** To chase a person and stalk her against her will – stalker, threats to display nude pictures – revenge porn
- **Discrimination:** Violence and harassment focused against ethnicity, sex, race, gender identity, impairment and other status of the person

WHAT CAN I DO?

- Call the police if you witness violence.
- Educate yourself about the resources for victims of violence.
- Tell a friend or acquaintance, who might be a victim of violence, about resources like Bjarkarhlíð.
- Be a good role model by respecting your family, friends and colleagues and do not humiliate or control people around you.
- Tell others that you do not tolerate violence.
- Support organizations or causes that work against violence and spread the word.

WARNING SIGNS OF VIOLENCE

Violence can happen to anyone, anywhere and anytime.

Known methods that violent people use to control their victims are:

- To create fear
- To raise guilt
- To make the victim feel shameful
- To threaten

To realize and recognize the signs of violence in intimate relationships can be the first step to getting help.

The effects of violence does not only affect the victim and his family, but the whole community.

Witnessing domestic violence as a child can be just as harmful as to be a victim of violence themselves.

