

Information for people with disabilities who have recently arrived in Sweden



The Swedish Agency for Participation, 2023

For people with a disability who have recently arrived in Sweden

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**Who is this information
intended for?**

This information is intended for people with disabilities who:

- are seeking asylum;
- have been granted a residence permit pursuant to the EU Temporary Protection Directive; or
- have recently arrived in the country and have been granted a temporary or permanent Swedish residence permit.

In this information brochure, you can learn more about the support and assistance you can apply for in Sweden.

How should this information brochure be used?

It is intended to be used by you and your family.

Living with a disability as a newly arrived migrant to Sweden

Sweden is bound by the United Nations Convention on the Rights of Persons with Disabilities. Sweden's laws and regulations therefore give due consideration to how people with disabilities can participate in society.

Having a disability may mean that you require help to participate in society on the same terms as your fellow citizens. If you need support to cope with everyday life, you may have the right to assistance from society.

A disability may be:

- **physical**, such as difficulty with movement, sight or hearing;
- **mental**, such as a mental illness;
- **intellectual**, such as needing more time to understand or learn new things; or
- **cognitive**, such as needing support to follow instructions or plan your time.

There are also other disabilities.

You may have been born with a disability or you may have acquired one at some time during your life. You may have one or more disabilities. They may be permanent or temporary. Many disabilities are invisible. Whether or not you need support depends on which disability you have and your life situation.

Society's responsibility and your rights and responsibilities

Everyone with a disability can apply for various types of support. You need to seek information and apply for support yourself. Even if you have the right to apply for a given type of support, you are not necessarily eligible to receive it. Society's support is paid for through taxation. Everyone who has the ability to work, and who is permitted to do so under Swedish law, must pay tax and thus contribute to the cost of services such as health-care, education, infrastructure and housing.

Unaccompanied minors

If you are under 18 years of age and arrived in Sweden without a parent or guardian, the municipality is responsible for your reception. You have the right to have a guardian appointed for you who is responsible for certain matters that would otherwise be dealt with by your parents. This guardian is tasked with deciding on legal, financial and personal matters on your behalf. Your guardian will also help you with contacts with government agencies and applying for various types of support.

What kinds of support can you receive?

Here, you can learn more about how people with disabilities can obtain support when they:

- are looking for work, or have found a job;
- are seeking accommodation or have a home that requires adaptation;
- need financial support, such as when they are unable to work due to a disability.
- need healthcare, dental care or assistive devices;
- wish to study or have a child with a disability who is starting school and needs support; or
- need support to live at home or cope with everyday life.

You can apply for assistance pursuant to the Swedish Social Services Act (SFS 2001:453).

Assistance may be financial or some other kind of help, such as nursing or home care services.

Government agencies you should know about

There are many government agencies in Sweden. Here are some that are especially important to know about.

Agency	What it does
Swedish Public Employment Service (Arbetsförmedlingen)	Helps you to find work when you are unemployed and ensures that jobseekers and employers follow the rules.
Swedish Social Insurance Agency (Försäkringskassan)	Decides on and pays out benefits and other financial compensation.
Swedish Migration Agency (Migrationsverket)	Investigates applications from people who want to live, study, work, visit or seek asylum in Sweden or who wish to apply for Swedish citizenship. The Swedish Migration Agency decides whether you should be granted a residence permit. A residence permit may be temporary or permanent.
Swedish Tax Agency (Skatteverket)	Collects taxes, maintains the Swedish Population Register and issues ID cards to registered residents of Sweden.

Sweden is divided into regions and municipalities.
Here is information on what services each of these
is responsible for:

Regions and municipalities	What it does
Regions: Health-care and assistive devices	In Sweden, healthcare is divided into 21 geographical areas called regions. Each region is responsible for its own hospitals and other healthcare facilities, such local health centres. If you have a disability, your regional health authority can help you access various forms of assistance. Regions can also help if you have mental health problems.
Municipalities: Schools, childcare, care for the elderly, social support and housing for newly arrived migrants	Sweden is divided into smaller units called municipalities. There are 290 municipalities in Sweden. Each municipality is responsible for providing its residents with schools, childcare, care of the elderly, social services and support for people with disabilities.

Applying for support

The support available to you from society can be obtained from various places. You need to apply to the correct agency or organisation to obtain the right support. You need to apply for support in advance.

If you need support or assistance, you need to contact the agency that deals with the support you need. You can do this by:

- sending an email or letter;
- telephoning; or
- visiting the service office or website of the agency in question.

It is important to tell the authorities if you have a disability. They can then advise you of which support you can apply for and how to do so. Telling the authorities about your disability will not affect your chances of being allowed to remain in Sweden.

The Swedish Social Insurance Agency, the Swedish Tax Agency, the Swedish Pensions Agency and the Swedish Public Employment Service have joint service centres where you can get help. Many service offices have staff who can assist you in languages other than Swedish. If you need an interpreter, ask a member of staff at your local service office. Some service centres also deal with cases being handled

by the Swedish Migration Agency. You will usually be asked to show a valid ID to prove who you are.

The Swedish Migration Agency also has its own service centres, which you can contact.

Personal information and identity documents

- **The Swedish Population Register** – You must be registered at the address where you live. If you move, you must report your new address to the Swedish Tax Agency. This also applies to newly arrived migrants.
- **Personal identity number** – The Swedish Tax Agency issues everyone in the Swedish Population Register with a number that identifies them. This also applies to newly arrived migrants.
- **Coordination number** – If you do not have a personal identity number, the Swedish Tax Agency may issue you with a coordination number to assist you in contacts with the authorities, opening a bank account, etc. This applies to asylum seekers and those residing in Sweden pursuant to the Temporary Protection Directive.

Interpreters

You have the right to an interpreter in all contacts with government agencies, municipalities and healthcare professionals. You will usually need to book an interpreter in advance. Sign language interpreters must always be booked in advance.

Violence and vulnerability

If you live with a disability, you may be particularly vulnerable and at risk of being subjected to violence or human trafficking. If someone traffics you, they are guilty of committing a crime. If you are in a vulnerable situation or are threatened with or subjected to violence, you should contact the police.

Asylum seekers

Who is considered an asylum seeker?

You are an asylum seeker if you have formally applied for asylum in Sweden. This is your status until you receive a decision on whether or not you can remain in Sweden.



Work

As an asylum seeker, you will need to support yourself while you are waiting for your asylum application to be processed, either by using money you have saved or by working.

In order to have the right to work while you are an asylum seeker, you must have a certificate from the Swedish Migration Agency stating that you are exempted from the requirement to have a work permit. You can read this certificate using the QR code on your LMA card. You will also need a coordination number issued by the Swedish Tax Agency. You can then start work. It is up to you to find a job. To do so, register with the Swedish Public Employment Service via a service centre.



Accommodation

As an asylum seeker, if you have a disability you are entitled to apply for adapted housing.

If you prefer not to live in accommodation provided by the Swedish Migration Agency, you can arrange and pay for your own accommodation. Where you choose to live may affect your right to support pursuant to the Swedish Reception of Asylum Seekers Act.

If you want help to find accommodation, the Swedish Migration Agency can arrange temporary accommodation while you are waiting for a decision on your application for asylum.

Unaccompanied minors

If you are under 18 years of age and arrived in Sweden without a parent or guardian, the municipality where you live is responsible for arranging accommodation adapted to your needs.



Financial compensation

If you are unable to support yourself, you can apply to the Swedish Migration Agency for support pursuant to the Swedish Reception of Asylum Seekers Act. If the support you receive is insufficient, you can apply to the Swedish Migration Agency for special support:

- if you have a disability that results in additional costs not covered by any other support you are receiving, for example, glasses or assistive devices.

Contact the Swedish Migration Agency for further information and to apply for the various types of support. The decision on whether or not you are eligible for financial support rests with the Swedish Migration Agency.

Unaccompanied minors

If you are under 18 years of age and arrived in Sweden without a parent or guardian, the same rules apply to you as to any other child or young person in need of support or protection.



Healthcare and dental care

Most healthcare in Sweden is the responsibility of regional health authorities.

Once you have applied for asylum, a local health centre will invite you to have a medical checkup. This examination will ensure that you receive early help from the health service if you have a disability.

Inform the health service if you have, or think you might have, a disability, so that you receive the

support you need. Healthcare professionals and interpreters have a duty of confidentiality and are not permitted to report your visit to other government agencies. So, anything you say will have no affect on your asylum application.

As an adult, you must be offered health and dental care that cannot wait.

Who to contact if you fall ill

If you fall ill, your first point of contact is your local health centre. Health centres can provide you with basic healthcare. If your health centre is closed or you cannot get through on the telephone, call 1177. This is a health advice line staffed by nurses. If you need a dentist, contact Folktandvården (the public dental service) or another dental clinic.

In an emergency, you should visit the nearest hospital A&E department. Call the emergency number 112 if someone is seriously ill or injured and needs an ambulance.

Healthcare journeys

If you have difficulty getting to appointments unaided, you can book a healthcare journey to visit your healthcare provider. You can claim compensation for healthcare journeys. This is payable in arrears, but you must apply for permission before

travelling. Contact your healthcare provider to find out which journeys you can be compensated for.

Minors

Children and young people under 18 years of age have the right to free healthcare and dental care. If you are under 18, you can also receive habilitation, which means support and training to cope as well as possible with everyday life. Your health centre can help you to contact the habilitation service.



School

In Sweden, schooling is free of charge for all children and students. Children who are seeking asylum have the right to go to school, although it is not compulsory. Contact your municipality to obtain a school place for your child.

You can choose which school your child attends in the municipality where you live. The Swedish Migration Agency can help you to register your child for school. The school will decide which grade your child should begin in. This depends on their age and previous knowledge.

Most pupils with physical, mental and cognitive disabilities attend regular compulsory and upper secondary schools. There are also other forms of schooling for children with disabilities.

Adapted compulsory and upper secondary schools

Only pupils with an intellectual disability can attend adapted schools. In adapted compulsory schools and adapted upper secondary schools, your child can learn and develop at their own pace. Curricula for adapted schools have a clear focus on knowledge.

Special needs schools

Special needs schools offer another type of education. Special needs schools are for children with one or more of the following disabilities:

- **hearing impairment**
- **deafness**
- **deafblindness**
- **visual impairment and additional disability**
- **severe language impairment**

The National Agency for Special Needs Education and Schools (SPSM) decides who is entitled to attend special needs school.

Mobility impairment adapted education

Education is also available adapted to the needs of young people with severe mobility impairment. Mobility impairment adapted education is available at four national upper secondary schools, meaning that these schools accept students from all over the country.

The SPSM decides who is entitled to attend a mobility impairment adapted school.

Support in schools

There are various forms of support available in schools for children with disabilities. It is the headteacher of the school who decides whether or not your child is entitled to support.

Support in schools for children with disabilities:

- **Adapted study resources** – software, audio-books, braille
- **Adapted timetables** – A timetable adapted to meet your child's needs
- **Teaching assistants** – An assistant to support your child during lessons
- **Communication** – Sign language, support with communication in signs and images
- **School health service** – You can receive help from school doctors, psychologists, nurses, counsellors and special needs teachers. They are there to ensure your child's wellbeing and that they receive the help they need to complete school to the best of their abilities
- **Transport** – Transport to and from school

EU Temporary Protection Directive



Who is entitled to protection pursuant to the Temporary Protection Directive?

You are entitled to protection if you have been granted a residence permit pursuant to the EU Temporary Protection Directive. At present, the EU has chosen to activate the directive for people arriving in the EU from Ukraine.



Work

As someone seeking protection, you must support yourself to the extent you are able to do so, either using your savings or by working.

You will need a certificate from the Swedish Migration Agency showing that you are permitted to work in Sweden. Once you have received a residence permit pursuant to the Temporary Protection Directive, your residence card will state that you have the right to work. In order to work in Sweden, you will need a coordination number. If you have presented valid ID documents, the Swedish Migration Agency will ask the Swedish Tax Agency to issue you with a coordination number.

It is up to you to find a job. If you need help to find work, you can register with the Swedish Public Employment Service.

You can do so at a service centre. You can then attend a planning discussion with an employment officer. Tell them that you have a disability so that you receive the right support. The decision on whether you are entitled to support rests with the Swedish Public Employment Service.

Support and assistance available from the Swedish Public Employment Service:

- **Support person** – Someone to help you find work suited to your qualifications and to write job applications
- **Specialist assistance** – If you have difficulty seeing, hearing or speaking, you can get specialist support
- **Wage subsidy** – If you have a disability, you can get a job adapted to your circumstances. Your employer is then eligible for a subsidy to pay for the necessary adaptations



Accommodation

As someone with a disability seeking protection under the Temporary Protection Directive, you are entitled to apply for adapted housing.

If you need help finding accommodation, the Swedish Migration Agency can find out which municipalities have room for you and ask a municipality to arrange housing. While waiting, you can live in temporary accommodation provided by the Swedish Migration Agency. If you have the means, you must pay for your own accommodation. If you have no money, the Swedish Migration Agency can pay for your accommodation.

If you refuse the offer of accommodation from a municipality, you may contact the Swedish Migration Agency for assistance with accommodation. If you then refuse an offer from the agency, you will need to arrange your own accommodation.

Unaccompanied minors

If you are under 18 years of age and arrived in Sweden without a parent or guardian, the municipality where you live is responsible for arranging accommodation adapted to your needs.



Financial compensation

If you are unable to support yourself, you can apply to the Swedish Migration Agency for support pursuant to the Swedish Reception of Asylum Seekers Act. If the support you receive is insufficient, you can apply to the Swedish Migration Agency for special support:

- if you have a disability that results in additional costs, such as glasses or assistive devices, not covered by any other support you are receiving.

Contact the Swedish Migration Agency for further information and to apply for the various types of support. The decision on whether or not you are eligible for financial support rests with the Swedish Migration Agency.

Unaccompanied minors

If you are under 18 years of age and arrived in Sweden without a parent or guardian, the same rules apply to you as to any other child or young person in need of support or protection.



Healthcare and dental care

Most healthcare in Sweden is the responsibility of regional health authorities.

Once you arrive in Sweden, a local health centre will invite you to have a medical checkup. This examination will ensure that you receive early help from the health service if you have a disability.

Inform the health service if you have, or think you might have, a disability, so that you receive the support you need. Healthcare professionals and interpreters have a duty of confidentiality and are not permitted to report your visit to other government agencies. So, anything you say will have no affect on your asylum application.

As an adult, you must be offered health and dental care that cannot wait.

Who to contact if you fall ill

If you fall ill, your first point of contact is your local health centre. Health centres can provide you with basic healthcare. If your health centre is closed or you cannot get through on the telephone, call 1177. This is a health advice line staffed by nurses. If you need a dentist, contact Folk tandvården (the public dental service) or another dental clinic.

In an emergency, you should visit the nearest hospital A&E department. Call the emergency number 112 if someone is seriously ill or injured and needs an ambulance.

Healthcare journeys

If you have difficulty getting to appointments unaided, you can book a healthcare journey to visit your healthcare provider. You can claim compensation for healthcare journeys. This is payable in arrears, but you must apply for permission before travelling. Contact your healthcare provider to find out which journeys you can be compensated for.

Minors

Children and young people under 18 years of age have the right to free healthcare and dental care. If you are under 18, you can also receive habilitation, which means support and training to cope as well as possible with everyday life. Your health centre can help you to contact the habilitation service.



School

In Sweden, schooling is free of charge for all children and students. Children of those granted a residence permit under the Temporary Protection Directive have the right to attend school, although it is not compulsory to do so. Contact your municipality to obtain a school place for your child.

You can choose which school your child attends in the municipality where you live. The Swedish Migration Agency can help you to register your child for school. The school will decide which grade your child should begin in. This depends on their age and previous knowledge.

Most pupils with physical, mental and cognitive disabilities attend regular compulsory and upper secondary schools. There are also other forms of schooling for children with disabilities.

Adapted compulsory and upper secondary schools

Only pupils with an intellectual disability can attend adapted schools. In adapted compulsory schools and adapted upper secondary schools, your child can learn and develop at their own pace. Curricula for adapted schools have a clear focus on knowledge.

Special needs schools

Special needs schools offer another type of education. Special needs schools are for children with one or more of the following disabilities:

- **hearing impairment**
- **deafness**
- **deafblindness**
- **visual impairment and additional disability**
- **severe language impairment.**

The National Agency for Special Needs Education and Schools (SPSM) decides who is entitled to attend special needs school.

Mobility impairment adapted education

Education is also available adapted to the needs of young people with severe mobility impairment. Mobility impairment adapted education is available at four national upper secondary schools, meaning that these schools accept students from all over the country.

The SPSM decides who is entitled to attend a mobility impairment adapted school.

Support in schools

There are various forms of support available in schools for children with disabilities. It is the headteacher of the school who decides whether or not your child is entitled to support.

Support in schools for children with disabilities:

- **Adapted study resources** – software, audiobooks, braille
- **Adapted timetables** – A timetable adapted to meet your child's needs
- **Teaching assistants** – An assistant to support your child during lessons
- **Communication** – Sign language, support with communication in signs and images
- **School health service** – Help from school doctors, psychologists, nurses, counsellors and special needs teachers. They are there to ensure your child's wellbeing and that they receive the help they need to complete school to the best of their abilities
- **Transport** – Transport to and from school

Newly arrived migrants

Who is a newly arrived migrant?

You are a newly arrived migrant once you have been granted a residence permit and received by a municipality.

A Swedish residence permit may be:

- **temporary**, in which case it is valid for a given number of months or years; or
- **permanent**, in which case it is valid for an indefinite period of time.

Once you have received a decision to grant you a residence permit, you need to apply to the Swedish Tax Agency for a personal identity number. To be eligible for a personal identity number, your residence permit must be valid for at least one year. The Swedish Tax Agency will then assist you in obtaining an ID document that proves who you are.



Work

A residence permit gives you the right to work in Sweden. If you are unable to get a job on your own,

the Swedish Public Employment Service can help you to find work. Register with the Swedish Public Employment Service through a service centre or log in to their website using your electronic ID.

You will need to produce your residence card before the Swedish Public Employment Service can assist you.

The Swedish Public Employment Service will register you as a jobseeker. You can then book a meeting with an employment officer to plan your next step. You should inform them that you have a disability so that you can be offered the correct support. Together with the employment officer, you will draw up a plan for activities to help you find a job. The activities may differ, depending on your personal situation.

If you are unable to work, you may be eligible for financial assistance so that you can pay for everyday costs.

This assistance may be paid by the Swedish Public Employment Service, the Swedish Social Insurance Agency or your municipality. It is the authority in question that decides whether you are eligible for assistance.

Support and assistance for jobseekers with disabilities:

- **Specialists** – If you have difficulty seeing, hearing or speaking, you can get specialist support
- **Sign language interpreter**
- **Support person** – Additional support to help you find work, such as help to write job applications
- **Wage subsidy** – If you have a disability, you can get a job adapted to your circumstances. Your employer is then eligible for a subsidy to pay for the necessary adaptations



Accommodation

As a newly arrived migrant with a disability, you are entitled to apply for adapted housing. Specially adapted accommodation is available for people with disabilities who are unable to arrange their own housing. There may be a waiting list for this accommodation.

If you are a former asylum seeker and you live alone and are unable to arrange accommodation yourself:

- when you are granted a residence permit, the Swedish Migration Agency will discuss your housing situation with you;
- the Swedish Migration Agency will tell you which municipality you are to live in;
- the municipality will offer you accommodation; and
- if you refuse, you will not usually be offered any other accommodation, although there are exceptions.

The type of accommodation you will be offered depends on your situation. Contact your municipality for further information.



Financial assistance and support

As a newly arrived migrant, you must support yourself to the extent you are able to do so. You have the right to support and assistance to ensure your quality of life. Various forms of assistance can be obtained from the Swedish Social Insurance Agency. Contact the Swedish Social Insurance Agency or a service centre to find out what support is available.

Examples of assistance from the Swedish Social Insurance Agency:

- **Introduction benefit** – This benefit is available if you are participating in the Swedish Public Employment Service's introduction programme
- **Additional cost allowance for adults**
 - An allowance to cover costs associated with disability
- **Additional cost allowance for children**
 - An allowance to cover costs associated with your child's disability
- **Childcare allowance** – An allowance for parents who have a child with a disability that requires more care than is standard for a child of the same age without a disability.



Healthcare and dental care

As a newly arrived migrant you have the right to healthcare and dental care.

In Sweden, regional health authorities are responsible for healthcare. Municipalities can also offer certain forms of healthcare.

Among other things, regions can offer you:

- **habilitation and rehabilitation** – support and training to help you cope as well as possible with everyday life
- **assistive devices** – for example, hearing aids and walking aids.

Inform the health service if you have, or think you might have, a disability, so that you receive the support you need. Healthcare professionals and interpreters have a duty of confidentiality and are not permitted to report your visit to other government agencies.

You also have the right to dental care. You must pay for dental care yourself. If you need help to pay, you can apply for financial assistance from the Swedish Social Insurance Agency.

Who to contact if you fall ill

If you fall ill, your first point of contact is your local health centre. Health centres can provide you with basic healthcare. If your health centre is closed or you cannot get through on the telephone, call 1177. This is a health advice line staffed by nurses. If you need a dentist, contact Folktandvården (the public dental service) or another dental clinic.

In an emergency, you should visit the nearest hospital A&E department. Call the emergency number 112 if someone is seriously ill or injured and needs an ambulance.

Healthcare journeys

If you have difficulty getting to appointments unaided, you can book a healthcare journey to visit your healthcare provider. You can claim compensation for healthcare journeys. This is payable in arears, but you must apply for permission before travelling. Contact your healthcare provider to find out which journeys you can be compensated for.



School

In Sweden, schooling is free of charge for all children and students. Newly arrived migrant children must attend school. Contact your municipality to obtain a school place for your child.

You can choose which school your child attends in the municipality where you live. The school will decide which grade your child should begin in. This depends on their age and previous knowledge.

Most pupils with physical, mental and cognitive disabilities attend regular compulsory and upper secondary schools. There are also other forms of schooling for children with disabilities.

Adapted compulsory and upper secondary schools

Only pupils with an intellectual disability can attend adapted schools. In adapted compulsory schools and adapted upper secondary schools, your child can learn and develop at their own pace. Curricula for adapted schools have a clear focus on knowledge.

Special needs schools

Special needs schools offer another type of education. Special needs schools are for children with one or more of the following disabilities:

- **hearing impairment**
- **deafness**
- **deafblindness**
- **visual impairment and additional disability**
- **severe language impairment.**

The National Agency for Special Needs Education and Schools (SPSM) decides who is entitled to attend special needs school.

Mobility impairment adapted education

Education is also available adapted to the needs of young people with severe mobility impairment. Mobility impairment adapted education is available at four national upper secondary schools, meaning that these schools accept students from all over the country.

The SPSM decides who is entitled to attend a mobility impairment adapted school.

Swedish for Immigrants (SFI)

Adults can attend Swedish for Immigrants (SFI), basic lessons in the Swedish language. Contact your municipality for further information.

Support in schools

There are various forms of support available in schools for children with disabilities. It is the headteacher of the school who decides whether or not your child is entitled to support.

Support in schools for children with disabilities:

- **Adapted study resources** – software, audiobooks, braille
- **Adapted timetables** – A timetable adapted to meet your child's needs
- **Teaching assistants** – An assistant to support your child during lessons
- **Communication** – Sign language, support with communication in signs and images
- **School health service** – You can receive help from school doctors, psychologists, nurses, counsellors and special needs teachers. They are there to ensure your child's wellbeing and that they receive the help they need to complete school to the best of their abilities
- **Transport** – Transport to and from school

The Act concerning Support and Service to Persons with Certain Functional Disabilities (SFS 1993:387)

In Sweden, there is a law concerning support and service for people with certain disabilities. If you have a disability, you may be entitled to support and assistance pursuant to this act. This includes adapted housing or someone to assist you with everyday matters.

The law applies to those who are registered as residents of Sweden and who have certain disabilities. The Act concerning Support and Service to Persons with Certain Functional Disabilities regulates 10 different types of support that you can apply for. It is not certain that you will receive the support you have applied for. Contact your municipality to find out whether or not you are eligible.

To receive support and service pursuant to the Act, you must apply for it yourself. Where you should submit your application depends on the type of support or service you are applying for. If you are unsure of your own situation, contact your municipality to find out what applies where you live.

You can apply for the following support and services:

- Counselling and personal support
- Personal assistance
- Accompanying person
- Contact person
- Respite care in the home
- Short-term stay outside the home
- Short-term supervision of schoolchildren under 12 years of age
- Foster care or special service accommodation for children or young people
- Special service accommodation for adults or other specially adapted housing
- Daily activities for people of working age

Useful links

The following links may be useful if you are new in Sweden:

Organisation	Website
Independent Living	independentliving.org
Refugee Welcome	refugeeswelcomestockholm.se
Information Sverige	informationsverige.se/sv/

If you are in a vulnerable or violent situation, please follow the links below to find out what support is available to help you escape the situation:

Organisation	Website
Equality Ombudsman (DO)	do.se
Forum for Women and Disabilities	kvinnor-funktionshinder.se
Swedish Gender Equality Agency – Men's violence against women	jamstalldhetsmyndigheten.se/ mans-vald-mot-kvinnor
Swedish Women's Shelter and Support in Sign Language (NKJT)	nkjt.se
Counselling for children and young people in sign language	boujt.se

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