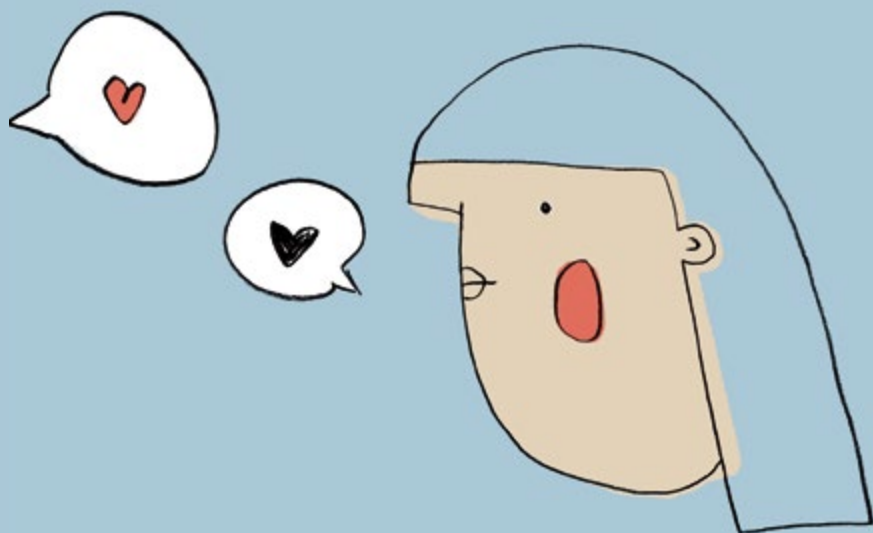


# NEED SOMEBODY TO TALK TO?



**We're here for you – around the clock, throughout the year!**  
Regardless of gender identity and ethnicity.



## **The crisis and incest centre is a service for people who are at risk of and /or are exposed to abuse and sexual abuse.**

We're open around the clock – throughout the year, and we work according to the principle "help to help yourself".

The crisis and incest centre is a low-threshold service. This means that a referral is not required to contact us. We are a part of the other care services in Follo and all our services are free.

We know that domestic violence happens in all types of communities. Abuse affects children, youths, adults and the elderly – regardless of gender identity, age and ethnicity.

**Visiting address:**  
**Langbakken 9, 1434 Ås**

### **Our services:**

- Temporary accommodation
- Therapy services
- Advice and guidance by phone
- Interpreter
- Lawyer
- Follow-up in reestablishment phase
- Aid for reporting to police
- Self-help groups
- Therapy services for relatives

Does this affect you?

**Please contact us!**

**T: 64 97 23 00**  
**E: [post@kisif.no](mailto:post@kisif.no)**

