

**Where can you get help?**

There Are Many Places Where You Can Get Free Help and Advice – Now or Later, If You Need It

Maternity Wards in the Region of Southern Denmark offer:

- Free counselling sessions with midwives
- Free interpretation for the sessions via Tolkecenter Syddanmark
- You can always ask your midwife if you don't know about the offer or if you would like help later in your pregnancy

**Lev Uden Vold (Counselling)**

Call anonymously, 24/7, on 1888  
Read more at: [levudenvold.dk](http://levudenvold.dk)

**LOKK Women's Shelters (Stay at a Shelter)**

In the Region of Southern Denmark, there are shelters in: Esbjerg, Fredericia, Sønderborg, Haderslev, Kolding, Odense, Aabenraa, Vejle  
Read more at: [www.lokk.dk](http://www.lokk.dk)

**RED Centre (Counselling and Safehouse for Honour-Related Conflicts)**

Call 24/7 on 70 27 76 66  
Read more at: [red-center.dk](http://red-center.dk)

**Security Consultants (Advice on Honour-Related Conflicts and Social Control)**

Read more at:  
[nc-maerk.dk/raadgivningstilbud/sikkerhedskonsulenterne/#accordion-kontakt-din-lokale-sikkerhedskonsulent](http://nc-maerk.dk/raadgivningstilbud/sikkerhedskonsulenterne/#accordion-kontakt-din-lokale-sikkerhedskonsulent)

**Sisters Against Violence and Control (Advice on Social Control)**

Send a heart in a private message on Messenger or Instagram.  
Contact by email: [kontakt@soestremodvoldogkontrol.dk](mailto:kontakt@soestremodvoldogkontrol.dk)

**Red Cross (Health clinic for people without a Danish CPR number, or support network for adults/children after being exposed to violence)**

The network "Qnet": Contact by email at [qnet@rodekors.dk](mailto:qnet@rodekors.dk)  
Read more at: [www.rodekors.dk/vores-arbejde/sundhedsklinikken](http://www.rodekors.dk/vores-arbejde/sundhedsklinikken)



**STOP**  
MINO VOLD

The "Stop MinoVold" project is supported by the Danish Health Authority and the Danish Agency for International Recruitment and Integration.

**SØSTRE**  
MOD VOLD OG KONTROL

  
**BYDELSMØDRE**  
Fonden for Socialt Ansvar

  
Region Syddanmark

**SDU**   
Syddansk Universitet

# Support for You During Pregnancy

**STOP**  
VIOLENCE

# Support for You During Pregnancy

We are here to help if you are facing challenges with your partner, family, or others around you.

## Your Midwife Will Ask You

Your midwife wants to support you in the best possible way during your pregnancy. As part of the care, she will ask how things are at home and whether you are experiencing any conflicts or violence in your close relationships. All pregnant women are asked—either through a questionnaire or in conversation. We do this because it can have a big impact on your health and your baby's well-being. Your midwife is here to listen and help—not to judge.

## You Are Not Alone

Many women in Denmark experience problems in their relationships, families, or with others in their lives. Some live with violence or serious conflicts.

This can affect both your health and your baby's development—for example, by increasing the risk of premature birth, low birth weight, or emotional difficulties. If you are struggling, it's important to talk about it. We are here to help—during pregnancy and after birth.

Here you can read about what violence is. You'll also find information on where to get help and who you can talk to—completely anonymously.

# What Is Violence?

Violence is not just hitting, pushing, or kicking that causes pain, bruises, or other injuries to the body.

Violence can also be words, threats, or controlling behaviour.

It is never your fault if you are experiencing violence.

Here, you can read about different types of violence and see examples of what it might look like.

## Emotional Violence

- This is when you are repeatedly put down, humiliated, threatened, controlled, or kept away from others.
- It could be being called a bad wife, a useless mother, or being insulted with hurtful names. You might be told that no one loves you, or that you are worthless.
- It can also be threats—for example, being told you will lose your children or your residence permit if you don't do what the other person says.
- It is also psychological violence if someone controls or isolates you—for example, by not letting you choose your clothes or decide who you can see.
- Psychological violence is often hard to notice—even for the person experiencing it.

## Sexual Violence

- This is when you are pressured or threatened into having sex, even if you don't want to. Remember: you have the right to say no to sex—even if you are married.
- It is also sexual violence if you are blamed for your partner's cheating, or if you are told you must have sex whenever he wants it.

## Physical Violence

- This includes hitting, kicking, pushing, slapping, trying to choke you, pulling your hair, or attacking you with a knife or other objects.
- Physical violence causes pain and injuries to your body. But it can also affect your mind—for example, by making you feel scared, sad, or anxious.

## Economic Violence

- This is when you are not allowed to use your bank account, and your partner controls how your money is spent—or only gives you a small amount of money.
- It can also be when you don't have access to your own MitID (digital ID), or someone else uses it without your knowledge or permission.
- It is also economic violence if someone takes out loans or creates debt in your name.

## Negative Social Control and Honour-Related Conflicts

- This is when your partner, family, in-laws, or others around you watch, limit, or punish you for not following certain rules or values. It can also come from extended family abroad.
- For example, you may not be allowed to choose your own clothes, express your sexuality, decide who you talk to or spend time with, or whether you can work or study.
- It can also mean strict rules about how you behave to protect the family's reputation—such as not being seen talking to men or laughing loudly in public.
- It may include an involuntary stay abroad, being pressured into marriage, or being kept in an unwanted marriage.
- Honour-related conflicts and negative social control can happen in families where community and traditional (patriarchal) values are very important, and where your rights are limited to protect the family's honour and image.

## You Have the Right to Help and Protection—Even If You Are in Denmark Through Family Reunification

In Denmark, we have different laws to protect and help people exposed to violence.

In Denmark, you have the right to protection and help if you are exposed to violence. You can seek help from the healthcare system or the municipality. They are obliged to help you and your children. You also have the right to protection at a women's shelter if you are exposed to violence or fear your partner and/or family.

Are you in Denmark through family reunification and exposed to violence? Then you can apply for an independent residence permit in Denmark (Aliens Act §19, section 7). Read more about the legislation here:

- [levudenvold.dk/viden-om-vold/lovgivningen/](https://levudenvold.dk/viden-om-vold/lovgivningen/)
- [levudenvold.dk/hjaelp-og-radgivning/juridisk-radgivning/juridiske-sporgsmaal-om-vold-i-naere-relationer/opholdsgrundlag/](https://levudenvold.dk/hjaelp-og-radgivning/juridisk-radgivning/juridiske-sporgsmaal-om-vold-i-naere-relationer/opholdsgrundlag/)

