**CONTACT DETAILS FOR HEALTHCARE AND SUPPORT SERVICES**

**112 –** Emergency help in life-or-death situations

**POLICE** Telephone for EMERGENCIES: 112. Telephone, other issues: 114 14

**SECURITY GUARDS, Södertörn University:** Telephone: +46 (0)8 608 4500 (24-hour)

**NATIONAL HEALTHCARE COUNSELLING SERVICE** **–** General information and guidance. Telephone: 1177
Website: [www.1177.se](http://www.1177.se/) (web-based guidance)

**EMERGENCY PSYCHIATRIC CARE**

If you need emergency psychiatric care, you can contact a mobile emergency unit (**Jourmottagningen Psykiatri Sydväst**) or the emergency psychiatric unit (**Stockholms läns psykiatriska akutmottagning**). Telephone numbers below.

If there is a strong risk of death by suicide, call the emergency psychiatric unit (Stockholm läns psykiatriska akutmottagning). You can also call 112 and they can contact the mobile psychiatric emergency unit. This is an ambulance for emergency psychiatric conditions, including the immediate risk of suicide. It operates 14.00 – 02.00, but the police can provide assistance at any time if there is an immediate risk of suicide.

*Emergency unit (Jourmottagningen Psykiatri Sydväst):*

Emergency psychiatric assessments over the phone, by appointment at the unit, or home visits. Advisory services and referrals. Support and emergency counselling.

Telephone: +46 (0)8 585 849 20.

Telefontid alla dagar 08.00 – 22.00

Visiting hours, every day 09.00 - 22.00

Address: Jourmottagningen Medicingatan 47 (M47), Karolinska University Hospital, Huddinge.

When the emergency unit is closed, please contact Stockholm’s emergency psychiatric unit at St. Göran’s Hospital, see below.

*Stockholm’s emergency psychiatric unit (Stockholms läns psykiatriska akutmottagning):*

Telephone: +46 (0)8 123 492 00

Address: Vårdvägen 5, S:t Görans sjukhus

The unit is open 24 hours and will treat anyone living in or visiting the Stockholm region. You can visit the unit yourself or with a close friend/relative. You can also arrive at the unit via the emergency services (ambulance, police) or other caregiver, such as a substance abuse unit.

**EMERGENCY PRIEST** offers emergency counselling and support. Part of the Church of Sweden’s pastoral care. Open every night, 21.00 – 06.00. Call 112 and ask to be forwarded to the emergency priest (“Jourhavande präst”). The priests work under complete confidentiality. Calls are not recorded and what is said remains between the two of you.

**JOURHAVANDE MEDMÄNNISKA** – telephone counselling. Telephone +46 (0)8 702 1680, open every day 21.00 – 06.00 They also offer a chat service. See www.jourhavande-medmanniska.se

**STUDENT HEALTH CENTRE, Södertörn University**

*Counsellor*
Ann-Louise Ebérus
Telephone: +46 (0)8 608 4384
Email: kurator@sh.seAddress: Student Support Services, F Building, room F613

*Student Health Centre Karolinska Institutet*
Telephone: +46 (0)8 524 835 70

Telephone times: Monday, Thursday, Friday: 09.00 – 10.00. Wednesday: 14.00 – 15.00
Address: Blickagången 7**,** Huddinge

**OCCUPATIONAL HEALTH SERVICES, AVONOVA (for university staff)**

Huddinge unit
Kommunalvägen 1-5, 5th floor
Huddinge
For appointments, please call +46 (0)8 120 124 10

**UNIVERSITY CHAPLAINCY, Södertörn University:**

Offers times to talk, regardless of your faith or doubts. All appointments are free of charge and everything is confidential. In addition to private appointments, they also offer other meetings and groups. See www.sh.se/universitetskyrkan

Elisabet Ravelojaona, pastor
+46 (0)70 758 55 61
elisabet.ravelojaona@andreaskyrkan.se

## **STOCKHOLM CENTRE FOR EATING DISORDERS (STOCKHOLMS CENTRUM FÖR ÄTSTÖRNINGAR)**

The centre offers outpatient care, day care and inpatient care for all ages. They mainly accept patients from Stockholm, but also from other parts of Sweden. You can visit the centre via a referral from your doctor or a self-referral. They also provide support for relatives.

### Telephone:+46 (0)8 123 44 100Telephone times: Monday - Friday, 08.00 – 22.00

### Address:Wollmar Yxkullsgatan 27 B, 118 50 Stockholm

### **Email:** sca.slso@regionstockholm.se

**Website:** www.stockholmatstorningar.se

**MANDOMETER CLINICS**

They treat patients with eating disorders, any age or gender, and [have five clinics in Sweden: four in Stockholm and one in Alingsås](https://mando.se/mandometerklinikerna/). As a resident of Stockholm, you register at a Mandometer Clinic yourself. You can do this via “self-referral” under “Apply for treatment” on Mandometer Clinics’ website. You will need to log in with BankID or Freja eID Plus.

### A self-referral will not automatically lead to treatment with Mandometer Clinics. If you need to contact Mandometer Clinics for urgent help and support, you are welcome to call the number below.

**Telephone:** +46 (0)8 556 406 00

**Email:** info@mando.se

**Website:** [www.mando.se](http://www.mando.se)

**ORGANISATIONS AND ASSOCIATIONS**

**MIND** is a mental health charity. They work preventively by offering compassionate support, spreading knowledge and building opinion.

Mind operates four lines of support: Självmordslinjen (suicide prevention hotline), Äldrelinjen (for elderly people), Föräldralinjen (for parents) and Mind Forum. Around 450 volunteers work with these activities; they organise seminars and courses on various themes, publish the Mind magazine and an email newsletter about mental health.

**Telephone:**

*Självmordslinjen – suicide prevention hotline:* 90 101. Open 24 hours. Mind’s website also has a chat function you can use to contact the suicide prevention hotline. The hotline is intended for people with suicidal thoughts, and for people who have questions or have a loved one who may be at risk. You can be anonymous if you want. The people who answer the hotline are volunteers with Mind and are all trained in suicide prevention.

*Föräldralinjen – for parents:* 020 852 000*Äldrelinjen – for elderly people:* 020 222 233

Website: [www.mind.se](http://www.mind.se)

**SUICIDE ZERO** is a politically independent, religiously unaffiliated, member-run non-profit organisation working to radically reduce the number of people who die by suicide. They are working towards a zero-vision for suicide in Sweden through opinion building and influencing decision-makers, increasing knowledge of suicide and reducing the stigma around mental illness. See [www.suicidezero.se](http://www.suicidezero.se)

**FRISK OCH FRI – Riksföreningen mot ätstörningar** is a non-profit organisation found throughout Sweden, which provides support for people with eating disorders and their families. They provide support via email and telephone times at their local branches. They offer mentorship and organise support groups for people with eating disorders, relatives and partners. See [www.friskfri.se](http://www.friskfri.se)

**FÖRENINGEN BALANS** is an association for people who have bipolar disorder, depression and burnout, as well as their relatives. They organise self-help groups and groups for relatives and are based in several places in Sweden. See [www.balansstockholm.se](http://www.balansstockholm.se)

**RIKSFÖRBUNDET FÖR SOCIAL OCH MENTAL HÄLSA (RSMH)** Instrumentvägen 10, 126 53 Hägersten, +46 (0)8 772 3360, is an interest organisation for people with mental illness. The association has local branches throughout Sweden. See [www.rsmh.se](http://www.rsmh.se/)

### [**SHEDO**](https://www.1177.se/stockholm/lankbiblioteket/nationella-lankar/shedo/) is an association that provides support for people with eating disorders or who are self-harming. You can contact them via an emergency email or [chat](https://www.1177.se/Stockholm/lankbiblioteket/nationella-lankar/shedo/shedo---chatt/). The people who respond have their own experiences of eating disorders or self-harming, but have recovered. There is also a private discussion forum for discussions with others and a forum specifically for relatives. See [www.shedo.se](http://www.shedo.se)

**SCHIZOFRENIFÖRBUNDET** (schizophrenia association) Hantverkargatan 3 G, 112 21 Stockholm, tel. +46 (0)8 545 55 980. See [www.schizofreniforbundet.se](http://www.schizofreniforbundet.se/)

**RIKSFÖRBUNDET FÖR SUICIDPREVENTION OCH EFTERLEVANDES STÖD (SPES)** is a national association for people who have lost loved ones to suicide. See [www.rsmh.se](http://www.spes.nu/)

**THE SWEDISH OCD ASSOCIATION** is an independent non-profit organisation based in Stockholm. Its work focuses on improving support and societal understanding for people with OCD or OCD-related diagnoses and their families, and organising members for mutual help and support. See www.ocdforbundet.se

**SVENSKA ÅNGESTSYNDROMSÄLLSKAPET (ÅSS)** is a national association for people with anxiety disorders and their relatives. See [www.angest.se](http://www.angest.se/)

**HJÄRNKOLL** has 350 ambassadors who offer public lectures about their experiences of mental illness to increase public awareness and openness. It has local associations throughout the country. See www.hjarnkoll.se

**VICTIM SUPPORT SWEDEN** is an independent non-profit organisation that provides support to victims of crime, witnesses and relatives. Victims of crime can remain anonymous in their contact with us, support is free of charge and everything is confidential. You do not have to have reported the crime to the police to receive support. The national helpline is 116 006 – the European number for victim support. You can also email fraga@boj.se. See [www.brottofferjouren.se](http://www.brottofferjouren.se)

**ROKS**, the National Organisation for Women’s Shelters and Young Women’s Shelters in Sweden, is Sweden’s largest organisation that works for and with non-profit women’s shelters. The organisation has no political or religious affiliations and provides support and protection for women and children exposed to domestic violence. Roks’ mission is to promote the shelters’ shared interests and support the shelters in their work. Roks also works with opinion building and actively provides information to decision-makers, the media and the public about the reality of the work our shelters do. See roks.se/about-roks

**KVINNOFRIDSLINJEN** is a national women’s helpline that is open 24/7. Friends and relatives are also welcome to call. Calls are free and are not visible on the phone bill.

Telephone: 020 505 050.

**MANSJOUREN** is an independent foundation whose core values are that everyone is of equal worth and that we accept everyone who wants and needs our help. Call +46 (0)8 303 020 when you need the support of one of their volunteers. Lines are open 12.00 – 14.00 and 18.00 – 20.00 every day except Saturday, when the times are 12.00 - 14.00. Seewww.mansjouren.se

**ALKOHOLLINJEN** The alcohol helpline is available to people who want help changing their alcohol habits and for people who are worried about someone else. You do not need to have thought through anything when you call.

## Telephone: **020 844 448**.

Lines open, holiday-free Mondays to Thursdays 11.00 – 19.00 and Fridays 11.00 – 16.00