



WELCOME TO BRiS

BRiS is a service for young people and adults, women and men, who have been exposed to incest or other sexual abuse. Relatives such as parents/guardians, family members, partners and social network around the ones exposed are also welcome. BRiS works together with schools, kindergartens, educational institutions and the support system in Buskerud and Nordre Vestfold.



BRiS

A support center against incest and sexual abuse

Telephone: 32 04 58 00

www.brisenter.org

WHERE AND WHEN:

BRiS is located in Haugesgate 1, centrally by Bragernes torg,

Monday to Thursday: 9am -3pm

Tuesday and Thursday: without appointment 1pm – 5pm

If you need to talk at a different time or need information, you can call us or send us an e-mail to: bris@drmk.no
If you live far away, call and make an appointment for a conversation over the phone.

Do you need a conversation partner?
Nationwide phones open 24 hours a day:

- Incest phone: 800 57 000
- Kirkens SOS (SOS Church phone): 815 33 300

N. B. You have every opportunity to remain anonymous!



ENGLISH

WHAT CAN BRiS DO FOR YOU?

In cases of accidents, catastrophe and abuse, it is important to tell the truth and seek help. We can feel helpless, scared and insecure and we need inner strength to heal the wounds that have been inflicted on us, outside as well as inside. We need someone to talk to. Sharing the experience with others, maybe even with someone who has been through the same as us, helps us know that we do not need to feel so lonely anymore. It is often difficult to talk about sexual abuse. At BRiS, you will meet people who have the knowledge and the experience. They are able to help you find your own resources so that you can steer your life in the direction you want.

BRiS focuses on help to self-help. The emphasis is on humans' own ability to get on with their life, with the support from like-minded people and professionals. BRiS has an open attitude to your resources, needs and wishes.

BRiS FOCUSES ON:

- Self-image
- Own resources
- Own strength
- Development and growth



OUR SERVICES:

Read more about our services at www.brisenter.org

- The good conversation
- Support groups
- User groups
- Theme nights
- Various activities
- Theme days
- Teaching and lectures

It will be easy to contact us. You can be anonymous or bring a friend with you if you prefer.

Tell us about the assistance and activities you wish to have.

BRiS' TARGET GROUPS:

1. Inhabitants in Buskerud and Nordre Vestfold
2. Those who have been exposed to incest, rape or other sexual abuses
3. Family and friends
4. Collaborators and professionals
5. Groups with information and prevention