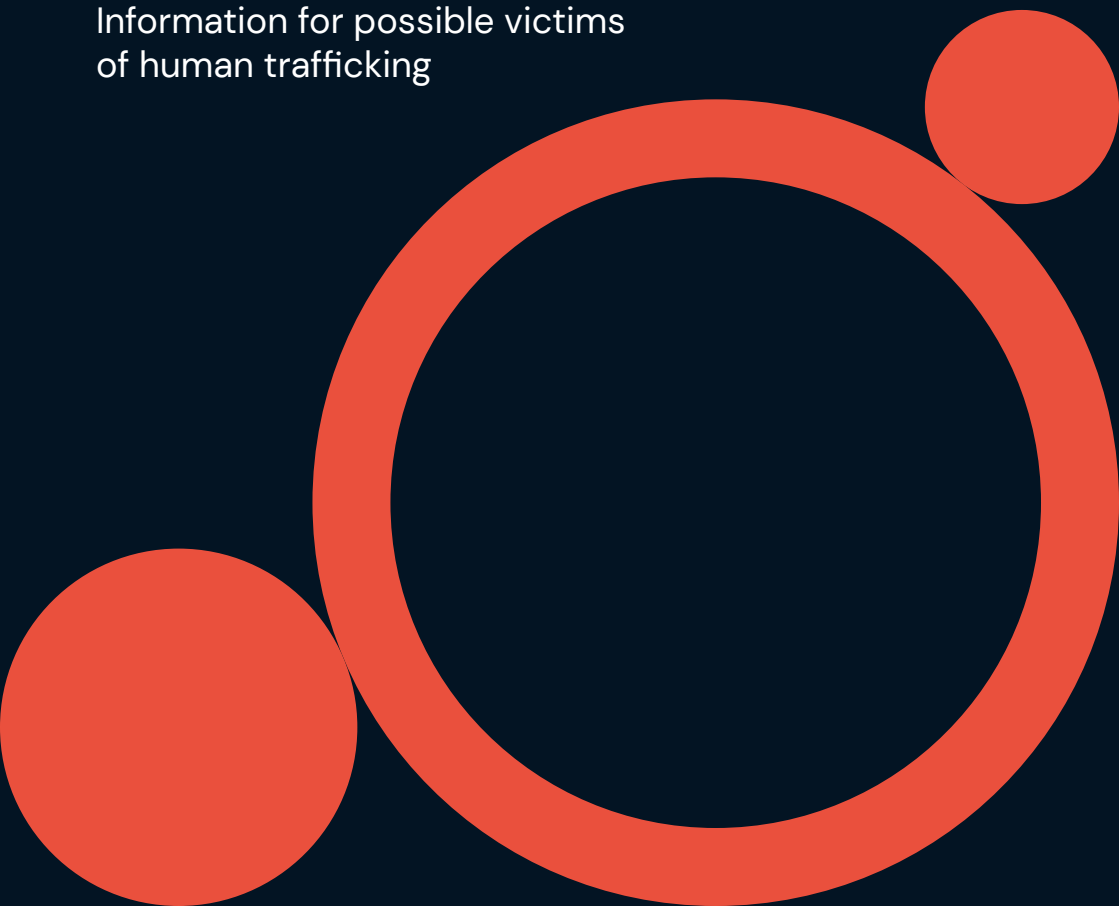




Koordineringsenheten
mot menneskehandel

Are you experiencing violence, coercion or pressure?

Information for possible victims
of human trafficking



Are you experiencing violence, coercion or pressure? Then you might be a victim of human trafficking.

Human trafficking is when someone, by violence, threats, taking advantage of a vulnerable situation or other improper behaviour, forces, exploits or deceives you into:



prostitution or other
sexual services



forced labour or
forced services,
including begging



military service
abroad



removal of organs



All exploitation of minors is human trafficking, regardless of whether violence, threats or other means of coercion is used.

Human trafficking is defined in sections 257 and 258 of the Norwegian Penal Code.

Human trafficking involves serious violations of human rights and is prohibited in Norway. Possible victims have the right to assistance and protection.



You have the right to be safe in Norway. You can get free help if you may be a victim of human trafficking. For example, this may be if:

- someone pressures you to do something you don't want to do, for example in return for travel, housing or a residence permit
- someone exploits or pressures you sexually
- someone exploits or pressures you to perform work, services or criminal activities
- someone exploits or pressures you to remove an internal organ, or to engage in military service in other countries
- you are subjected to violence or abuse



What kind of help can you get?

It's safe to seek help. You do not need to have legal residency to get help in Norway.

- The police can help you if you are in danger or if you want to report those who are exploiting you.
- You can get free help from a legal aid lawyer to report those who have exploited you, or to consider whether you want to report.
- You can get healthcare.
- You can get a safe place to stay. This can be at a crisis centre, reception centre, or specialised housing facility. If you are under 18, you can get a safe place to stay and protection from child welfare services.
- If you do not have a residence permit, you can apply for a limited residence permit for victims of human trafficking or protection (asylum) in Norway. If you want to go home, you can get help with a safe return.
- You can get a guardian or representative if you need assistance to see to your own interests.

Who can help?

Talk to us – we can help you:

- The police
- Healthcare professionals
- The Norwegian Directorate of Immigration (UDI)
- The Child Welfare Services (Barnevernet)
- Support services and voluntary organisations
- Staff at the asylum reception centre where you are staying
- The Norwegian Labour and Welfare Administration (NAV), the refugee service, or others working in the municipality where you live or stay



Are you in danger in Norway?

Call the police at **112** if you need immediate help. If it is not an emergency, you can call the police at **02800**. You can also contact the police if you want to report someone or need advice.

Call the healthcare emergency number **113** if you need urgent healthcare and it may be a matter of life and health. Call the emergency clinic (legevakten) at **116 117** if you need other immediate healthcare.



Would you like to talk to someone who is not from the authorities?

Several support services and voluntary organisations can provide information and help you. They can also support you in contacting the police and other authorities, and contacting a legal aid lawyer.

Several voluntary and non-profit organisations offer housing and support services for adult possible victims of human trafficking. You don't have to say who you are if you don't want to.

- The organisation **ROSA** has a national 24-hour helpline for victims of human trafficking in Norwegian and English. They can arrange for an interpreter. Call: (+47) **22 33 11 60**, also see rosanorge.no. ROSA can also help adult victims of human trafficking with information, a safe place to stay, contact with a legal aid lawyer and other assistance.

You can also contact:

- Church City Mission (Kirkens Bymisjon)
- Caritas Norway
- The Salvation Army (Frelsearmeen)
- Pro Sentret
- The Marita Foundation (Maritastiftelsen)
- Shalam Kristiansand
- The Red Cross

You can find more information about the support services on the websites of these organisations.



Are you a child or youth under the age of 18?

The Child Welfare Services shall provide protection to all children residing in Norway who may be subjected to human trafficking or other forms of violence, abuse, and neglect. The Child Welfare Services have their own helpline, **Alarmtelefonen (the emergency telephone) for children and youth: 116 111.**

The helpline is a 24-hour phone and chat service in Norwegian and English. They can arrange for an interpreter. www.116111.no, E-mail: alarm@116111.no, SMS: 417 16 111 (answered when the chat service is open). From abroad: +47 954 11 755.



Do you need healthcare?

You can be given healthcare if you need it. You can find information about healthcare in Norway at helsenorge.no/en/healthcare. If you are not a Norwegian citizen, find out more about your rights to healthcare at helsenorge.no/en/foreigners-in-norway.



Do you not have a residence permit?

Then you can apply for a limited residence permit for victims of human trafficking or protection (asylum) in Norway, see udi.no/human-trafficking. Do you want to apply for a residence permit? Contact the the Norwegian Directorate of Immigration (UDI) or the police where you live for help with your application.



Do you want to return home?

The Norwegian Directorate of Immigration (UDI) can assist you with a safe return to your home country. This includes practical assistance, financial support, and follow-up after you have returned home. UDI collaborates with the International Organization for Migration (IOM). You can find more information and an application form at udi.no/en/return. Contact [UDI](http://udi.no) or [IOM](http://iom.no) for further information.



Do you want to know more about working in Norway and your rights and obligations?

You can find information from the Norwegian Labour Inspection Authority at [knowyourrights.no](https://www.knowyourrights.no). The website is available in several languages.

Do you want to know more about your rights to have a guardian or representative?

Are you over 18 years old and need assistance to see to your own interests, or are you under 18 years old without parents in Norway? Then you can read more about guardianship and how to apply for a guardian or representative at statsforvalteren.no/en/portal/Guardianship.



Do you want to know more about how you can get help if you're experiencing violence or abuse?

You can find information at [dinutvei.no/en](https://www.dinutvei.no/en) – the national guide to help services and information on rape, sexual abuse and violence in close relationships. The website is available in several languages.

You can also contact the national helpline for victims of domestic violence and abuse, [volinjen.no](https://www.volinjen.no) **116 006**, a 24-hour, free helpline available by phone and chat for anyone experiencing violence or abuse in close relationships. You can remain anonymous. The helpline is operated by the Crisis Centre Secretariat (Krisesentersekretariatet).



Do you want to help others who may be vulnerable?

See the police website on human trafficking [politiet.no/menneskehandel](https://www.politiet.no/menneskehandel). Here you can find more information about human trafficking and support measures.



For more information and help, call:

ROSA, national helpline for victims of human trafficking:

22 33 11 60

The helpline is open 24/7 and free of charge.

You can remain anonymous.

ROSA is a support service that provides protection, assistance and guidance to adult possible victims of human trafficking.

ROSA is operated by the Crisis Centre Secretariat.

rosanorge.no

What is KOM?

KOM stands for the Coordination Unit against Human Trafficking. It is one of the government's measures in combating human trafficking.

KOM's overarching goal is to reduce human trafficking in Norway.

KOM is tasked with:

- Facilitating coordination between authorities and organisations
- Assisting with methods for identifying and mobilising assistance and protection for victims
- Contributing to interdisciplinary information exchange and competence building.

KOM does not handle individual cases.

KOM is administratively under the Norwegian Police Directorate and has its own mandate from the Ministry of Justice and Public Security. This information brochure is part of KOM's mission.



POLITIET

KOM

Koordineringsenheten
mot menneskehandel

Translated from the Norwegian version.

Translation based on language assistance and KOM's review.

Original title: Informasjonsbrosjyre til deg som kan være utsatt for menneskehandel, updated edition for 2024 (originally published December 2023).

Text and proofreading: KOM

Layout and design: TRY

© The Coordination Unit against Human Trafficking, 2024



You can find more
publications from KOM at
politiet.no/menneskehandel

POD-publication: 2024/15 E

ISBN: 978-82-8256-162-4 (digital)

ISBN: 978-82-8256-163-1 (printed)