

Call our anonymous telephone counselling hotline

As a relative of an inmate, you can find yourself having many different **thoughts and feelings and lack answers to many questions**. At the same time, there will probably be a lot of practicalities to consider. Our anonymous telephone counselling hotline was set up for just these issues. Our advisors are standing by and ready to help. You can talk with us about anything when you call.



We can help you with questions such as:

- How do I sort out my finances?
- Can I get help paying my rent from the municipality?
- What should I tell our children and the daycare?
- What are other families' experiences visiting someone in custody?
- How is a criminal case conducted?



Call us any weekday between **10:00 am and 3:00 pm** (Thursdays until 5:00 pm) at **+45 28 80 60 00**

Join our private Facebook group

You can become a member of our private Facebook group if you are a relative of an inmate. In the group, you can **ask questions** to our SAVN counsellors and get in contact with other members. You can also get advice from other members and act as a sounding board on various issues.

Become a member of our private Facebook group at [savn.dk/lukket-facebook-gruppe](https://www.facebook.com/savn.dk/lukket-facebook-gruppe)



Write us

Sometimes it can be easier to write down your thoughts and concerns. For this reason, you can also write to our **inbox** or **contact us by email** if you need to process your thoughts with someone.

Write to our inbox at savn.dk/brevkasse or send us a message at kontakt@savn.dk

You can also get help whilst incarcerated



SAVN also offers counselling to inmates who are also parents. Do you have questions about how to be the best parent for your child while you are incarcerated? Ask your contact person about the possibility of joining a parent group or getting children's health counselling from SAVN over the telephone while you are incarcerated.

Are you family or a friend of an inmate?

– We're here to provide support and counselling



SAVN  
Children and relatives of inmates

Call us any weekday between **10:00 am and 3:00 pm** at **28 80 60 00**

We provide support and counselling to relatives of inmates

At SAVN we help those **with a friend or family member who is in prison**. Maybe your mother or father, your partner, ex-partner or your child has just been arrested or incarcerated. Or maybe you know someone who has been in prison for a long time.

We are ready to help you with your questions and concerns, and we will always take your exact situation into account.

In this leaflet you can read about our various offers and find out which ones **suits you best**.

You can also read more at www.savn.dk

Come for a family stay with other relatives

Do you and your family members need **support and counselling** from our family counsellors? Would you like to talk with others in the same situation as you? You can take part in our family stay, which is intended for all relatives of inmates. The family stay is **free** and it is a good opportunity for you to **meet others** who have had some of the same experiences as you.

Over the weekend you can participate in confidential **group discussions and children and family discussions**. Our family counsellors will talk with you about your current situation as well as what you find particularly difficult. Younger people will be participating, tasked with **keeping an eye on the children**.

You can read more about our family stay and you and your family can **sign up** at savn.dk/familieophold

Come for a weekend trip with other young people

Are you **between 13 and 18 years old and is your mother, father, brother or sister in prison**? Then you can go on one of SAVN's weekend trips for young people. When you have a family member in prison, it can be nice to **get away from everyday life** and talk with **other young people** who are in the same situation. It can be helpful to meet others who have the same feelings and worries that you have.

On SAVN's weekend trips for young people, our family counsellors create a space where you can share your thoughts and experiences. During the weekend there is also plenty of time to play games and sports, take walks, and cook over a campfire – and other **fun activities**.

Sign up or read more about SAVN's weekend trips for young people at savnungdom.dk/weekendtur

