

# LYSMASKEN



## CRISIS CENTRE CENTRAL SKÅNE

- For children and teenagers who have experienced violence, threats and disputes within the family.



**Street address:**

Ringvägen 1 B, 222 25 Lund

e-mail: [lysmasken@lund.se](mailto:lysmasken@lund.se)

**Tel:**

**046-35 50 71**

**We know that you are not alone.  
Lots of children and teenagers  
live in families where they  
experience violence or threats.**

**We can offer you**



**an opportunity to talk about your  
experiences one-to-one with an  
adult**



**an opportunity to join a group  
where you can meet people of  
your age facing a similar situation**

**We want you to have the opportunity to**



**discover that you are not alone**



**share your feelings**



**understand that it's not your  
fault when adults argue or fight**



**get help to deal with the situa-  
tion and move on**

**If you would like to meet one of us,  
join a group or just ask us about  
something, you can call, write a  
letter or ask an adult to help you  
get in touch with **LYSMASKEN**.  
You will find our address and  
phone number on the last page.**

*Lysmasken is run jointly by Eslöv, Hörby, Höör,  
Kävlinge, Lomma, Lund, Staffanstorp and the  
Church of Sweden.*