

EDUCATION AND COUNSELING CENTER FOR SURVIVORS OF SEXUAL ABUSE AND VIOLENCE



- Free individual counseling for survivors of rape, sexual molestation, sexual harassment, pornographic exploitation and prostitution. Stígamót does not work with abusers.
- To make an appointment please call 562-6868 or send an email to stigamot@stigamot.is
- We offer counseling in Icelandic and English, and with an interpreter in other languages.
- Services are for women and men.
- Services for children are offered by Children's Protective Services. Teenagers under the age of 18 are welcome once a report has been filed with the Children's Protective Services. In the event a report has not been filed, please be aware that according to Icelandic law we must report any instances of sexual abuse of a minor, suspected or otherwise.
- Services are also extended to family members and loved ones of survivors.
- We do not identify ourselves as providers of traditional therapy, but rather as a support and counseling service for those seeking to learn and engage in self-help. Often people seek support many years after they were violated. It is never too late to begin the healing process.
- Self-help groups are available to those who have gone through counseling at Stígamót. The groups are closed and are made up of 4-6 individuals and a group leader. We expect complete confidentiality. The groups meet 15 times for 3 hours at a time and are mandatory. Group topics are arranged to meet the needs of survivors of sexual abuse and violence.

About Stígamót

Stígamót is aware of the importance of education and prevention work. We regularly offer presentations at schools, social groups and to the public.

Stígamót is aware of the importance of data gathering to keep services up to date and to become more aware of the prevalence and nature of sexual abuse. We encourage academic research in the area and offer our help in any way we can.

Stígamót takes a clear stance when it comes to sexual abuse and violence. We accept no excuses or justifications. The responsibility always lies with the abuser.

STÍGAMÓT
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