Välj att sluta (Choose to Stop) — Sweden's National Helpline for People Who Use Violence in Close Relationships

Gender Equality · Good practice · Sweden

Quality score: 74/100

Evidence strength: Strong

Summary

State-funded anonymous helpline that motivates people who use intimate-partner violence to seek treatment. In 2021, 78% of perpetrator callers had never sought help before and about two-thirds of referrals led to contact with a service — but volumes stayed low (~1.5 calls/day).

Key dimensions

Dimension	Score
Efficiency	0/1
Evaluated outcomes	0/1
Sustainability	1/1
Achievement / evidence	1/1
Gender-mainstreaming embedding	1/1
Curator validation	1/1
Transferability / replicability	2/3
Impact on gender equality	1/1
Effectiveness	1/1

Evaluated by C-NAPSE

Data sources

C-NAPSE web research — accessed 2026-11-15

Manscentrum Stockholm (operator); Länsstyrelsen Stockholm; Socialstyrelsen (funder) — accessed 2026-11-15

Socialstyrelsen final report (2022) — accessed 2026-11-15

Socialstyrelsen press release (April 2022) — accessed 2026-11-15

Find A Helpline listing — accessed 2026-11-15

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