

We are available to everyone who needs advice and guidance.



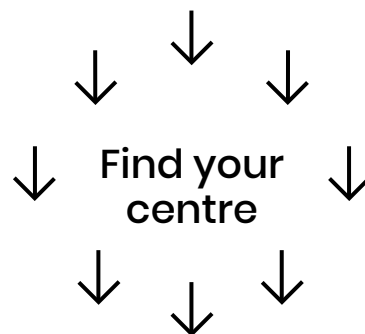
We have a duty of confidentiality.



We work according to the ideology of help for self-help.



Together we will find a way forward.



noksentrene.no

Helpline for individuals who have been subjected to sexual abuse:

➔ 800 57 000

Nok.

Sogn og Fjordane

Hornnesvegen 1, 6809 Førde
Tlf. 57 72 10 70
post@noksognogfjordane.no

noksognogfjordane.no

Nok. Sogn og Fjordane



No one should experience sexual abuse.

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Yet it happens.
That is why we
are here.



Nok. is an interdisciplinary, low-threshold and free-of-charge help service for individuals who have been subjected to **sexual abuse** and their relatives.

We are also a professional resource offering guidance and education to schools, teachers, kindergarten staff, healthcare personnel, and other professionals on topics relating to sexual abuse.

We work towards a better future for those who have been exposed to abuse, and to prevent future abuse. With care, patience and professional confidence, we help to process what is difficult.

