



**We help you
with things
that may be
difficult:**



When you want your voice
to be heard and to ensure
you get the help you are
entitled to.



To understand
difficult paperwork
from e.g. court or
social services.



To deal with social
services, immigration
authorities, school
systems, criminal justice
systems etc.



We are on your side!

The Children's Rights Bureau (Barnrättsbyrå) fights for children and young people – to ensure their voices are heard and their human rights are upheld. We offer support, advice and practical assistance in Stockholm and Umeå – for all matters concerning the rights of children and young people.

BARNRÄTTSSBYRÅN.

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Hello!

Do you feel like the adult world doesn't listen to you? Have you run into problems with those in authority or at school? Do you need someone to talk to who can help you understand your rights?

We are here to help. When you reach out to us, we do our best to make you feel welcomed, respected and taken seriously.

Welcome to the Children's Rights Bureau!



Do you need help?

If you are between the ages of 0–21 and live in Stockholm or Umeå, you can reach out to us for help. If you want our help – we agree to a plan that deals specifically with your rights. If you are concerned about another young person in your life, you are also welcome to contact us.

Here are some examples of situations we can help with:

- ✓ You have a problem and don't know where to turn
 - ✓ You have received a decision from the Swedish Migration Agency which you don't understand
 - ✓ You live in HVB housing or in a foster home and are unhappy with your situation
 - ✓ You identify as an LBTQIA+ person and have been a victim of discrimination
- Or something completely different...

The Children's Rights Bureau's 3-tiered mission



1. Listen

When you reach out to us, we will listen to your story. You can tell us as much or as little as you feel comfortable with. It is our job to listen and take what you say seriously.



2. Make a plan

Once we have had a chance to build a picture of your situation together, we will talk about the kind of help you think you need. If you decide that you do want our help, we agree on a plan on how to move forward.



3. Take action

Once we know the kind of help you need, we then put things into motion. We act. We make phone calls, we write and we go with you to meetings. We do whatever is necessary to help you. Always together with you.