

**ROSA**  
NATIONAL  
HELPLINE

**22 33 11 60**  
– OPEN 24/7  
[www.rosa-help.no](http://www.rosa-help.no)

English

In a situation you can't get out of?

Do you feel controlled or pressured?

Experienced violence or threats?

Call for help and advice at any hour.

- ROSA**
- HELPLINE AGAINST HUMAN TRAFFICKING IN NORWAY
  - ROSA IS AN INDEPENDENT ORGANISATION
  - EVERYTHING YOU SHARE IS CONFIDENTIAL
  - YOU CAN BE ANONYMOUS