

Personligt ombud

Personal Representative

For your help and support

For you who live with long-termed mental illness



What is a personligt ombud?

A personligt ombud can support those who live with a long-term mental illness that hinders the functionality of your everyday life.

When you have mental illness, it can be difficult to find out what support is available in society. A personligt ombud can help you to navigate your way through the programs and services best suited to your needs.

Who can receive support from a personligt ombud?

- You are over 18 and a registered resident of Gällivare, Jokkmokk, Kiruna or Pajala County.
- You have long-term mental illness that causes great difficulties in everyday life.
- You have your own will to change your life situation.

Personligt ombud can help you with:

- Finding out what kind of support, needs and wishes you may have.
- Making a plan and helping you to seek the support you want, need and may be entitled to in order for you to have a functioning daily life. This could be, for example, contacting healthcare, social services, the employment agency or other assistance you may need.

Good to know:

- Our support is free and voluntary.
- We have a duty of confidentiality and do not keep any records.
- We are an independent business and cannot make decisions about interventions or treatment.
- The support from us is limited in time. After a completed assignment the contact ends, but you are of course welcome to contact us again.

This is how it works:

1. Declaration of interest

You can contact us by calling or sending an email. If you want, someone else can help you with the first contact.

2. First contact

We will contact you and book an initial meeting.

3. First meeting

We will tell you how a personligt ombud works. You can tell us about your everyday life so that we together can create a picture of your life situation.

4. We will inform you if you will be supported by us.

If the decision is made that we are unable to help you with a personligt ombud, we will give you suggestions on where to turn to get the support that society has to offer.

Contacts:



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