

## Who is Temis?

Temis is a **counselling and trust centre**.

The counselling centre makes sure people are well advised.

The trust centre makes sure information is well protected.

## Who are we here for?

- **People who are in care or supervision**

For example in a retirement centre or in a children's home or in a school.

Or in a home for people with a disability.

- **Employees**

An employee is someone who works for someone else.

In a company, for example.

The employee gets money from the employer.

- **Employer**

We are there for the **employer**.

An employer is the boss of a company.

The employer gives people work.

And pays them.

Employers have to protect their employees.

That's what the law says. We help employers to do this.

## **We help when boundaries are crossed.**

It is important that employees are always protected.

All people must respect employees.

All people must respect their boundaries.

**Nobody** is allowed to hurt them.

**Not** by violence.

**Not** with sex.

**Not** with words.

## **We help when someone's personal rights are not respected.**

For example, in the case of violence.

There are different types of violence.

Physical violence:

for example, hitting, pushing and injuries.

Mental violence:

for example, insulting someone or bullying someone.

## **We help with harassment.**

For example, in cases of sexual harassment.

There are different kinds:

- With words.
- With looks.
- With gestures.

A gesture is a movement with the hand.

## What do we do?

We advise

- when there is a conflict.

This means

a problem between 2 people.

For example, 2 people are arguing.

And the two people **can't** find a solution.

We can talk to you and advise you.

- When a boundary is crossed,

It is important that employees are always protected.

All people must respect employees.

All people must respect their boundaries.

**Nobody** is allowed to hurt them.

Has someone crossed one of your boundaries?

Or would you like to know more about boundary violations?

We can talk to you and advise you.

## What is important to us?

We are

- independent

Being independent means, deciding for yourself.

- competent

Being competent means, being professional.

- confidential.

This means

having information about a person,  
and **not** sharing that information.

- quality-orientated

This means

quality is important to us.

We get feedback.

This means, getting responses about what we can do better.

We learn from these.

And improve our quality.

## **Where are we?**

Temis is in Winterthur.

Address:

General-Guisan-Strasse 47

8400 Winterthur, Switzerland

You are welcome to send us an email.

The email address of Temis is:

[temis@temis.ch](mailto:temis@temis.ch)

You are also welcome to call us on the phone.

Please use this telephone number:

**052 550 05 54**