

## Statistics on municipal family counselling services for 2023

The Family Law and Parental Support Authority (MFoF) is responsible for the official statistics within municipal family counselling services.

The statistics are collected from Sweden's municipalities via a web survey provided by Statistics Sweden. Collection occurs once a year and refers to the previous year. The statistics are available on MFoF's website, together with the survey, technical report, quality declaration, etc.

This fact sheet summarizes parts of the statistics for 2023 and is described in comparison to previous years. The results are reported at national level and are stated in total number and number per 1,000 inhabitants<sup>1</sup>.

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### The extent of the statistics

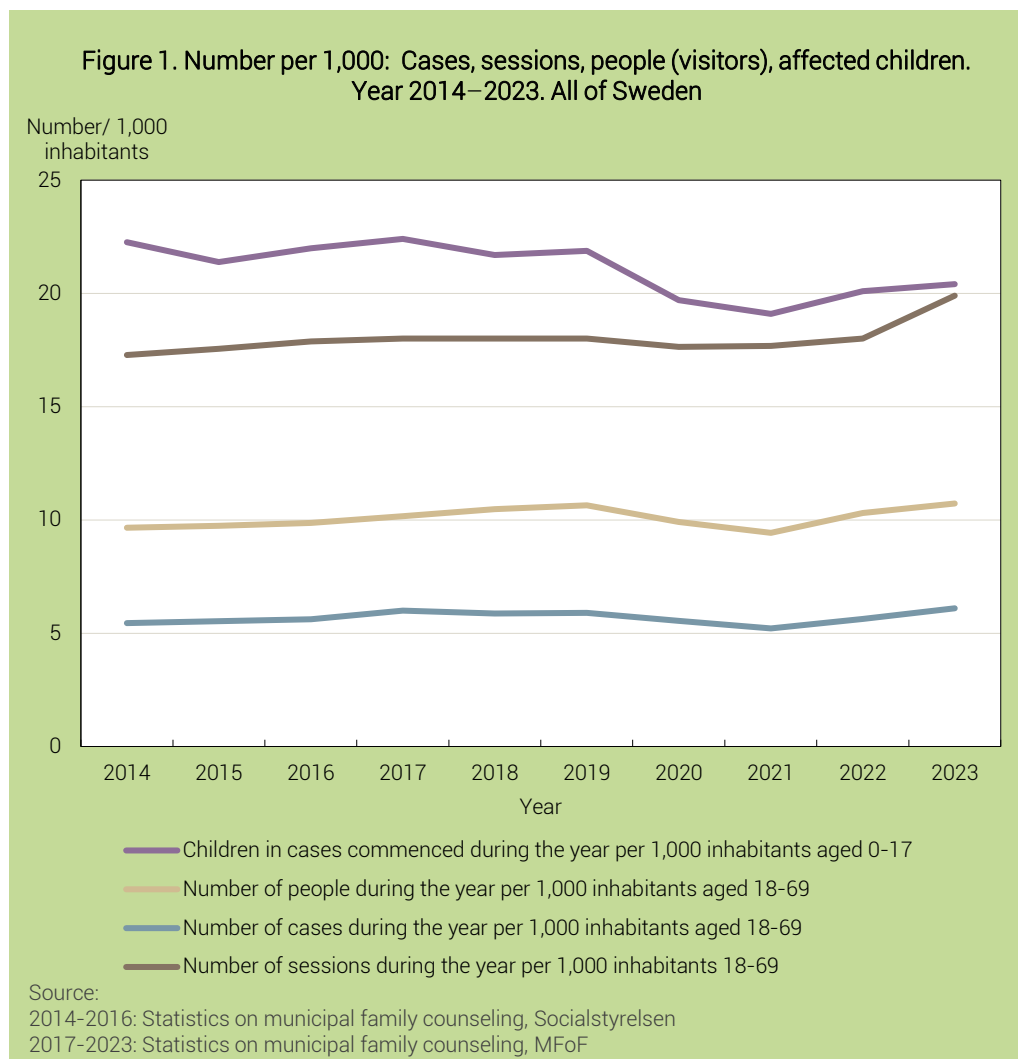
The statistics contain information on family counselling services provided by, or paid for by, Swedish municipalities in 2023. This is regardless of whether the municipalities provided the services themselves or procured them through other providers.

The report does not include family counselling provided by church organisations or fully private-sector family counselling services. Mediation talks within family law, whereby a professional mediator attempts to help parents reach an agreement on issues relating to custody, residence and access, are not included in the statistics.

<sup>1</sup> Calculated using data on the total population in the age group. Source: Statistics Sweden (SCB), Statistical database, Population. Available at [www.statistikdatabasen.scb.se](http://www.statistikdatabasen.scb.se)

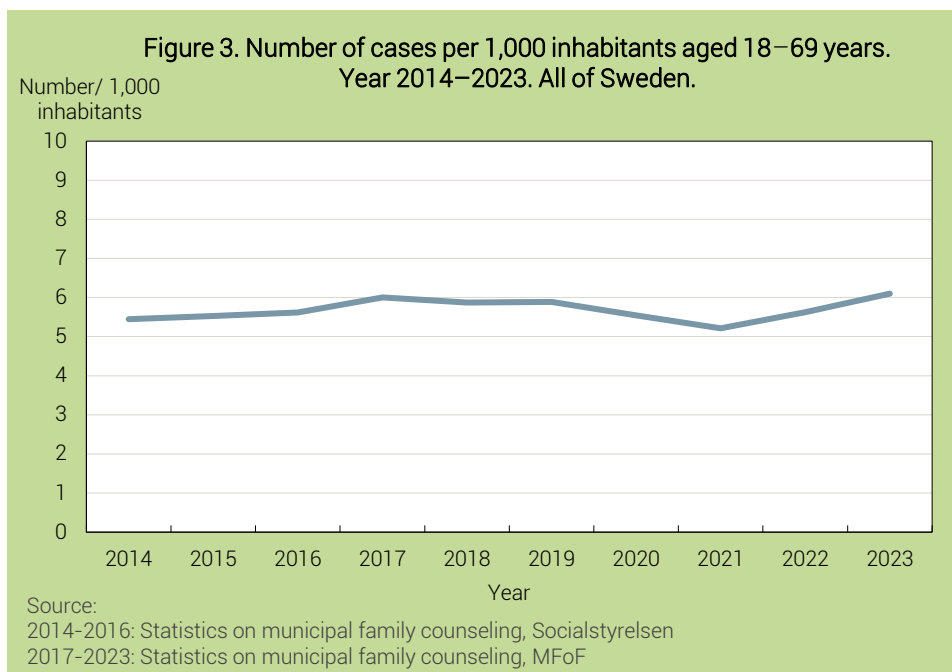
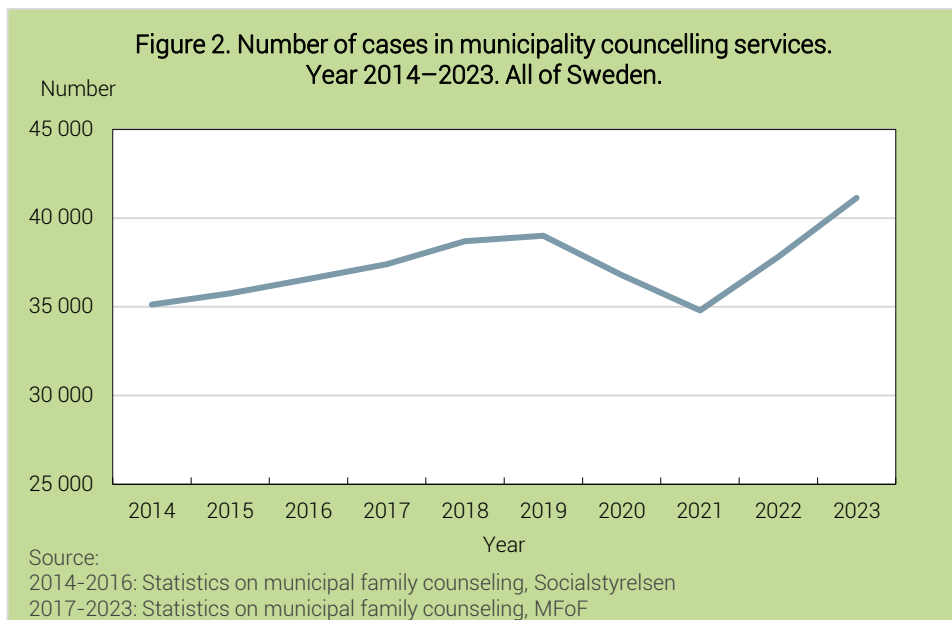
## Overview of the last ten-year period

Figure 1 presents an overview with statistics of the last ten-year period, concerning number of cases, sessions, visitors and affected children - per 1,000 inhabitants. In subsequent figures, the results are presented in more detail.



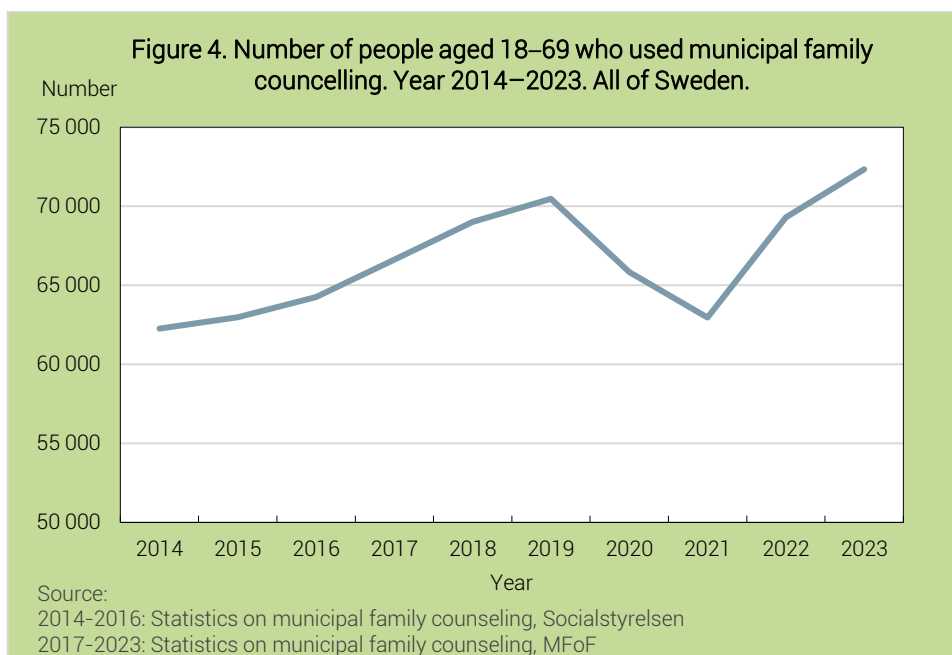
## Number of cases in municipal family counselling services

In total, 41,138 cases were handled by municipal family counselling services in 2023 (Figure 2). This corresponds to six cases per 1,000 inhabitants aged 18–69 and is thus the highest number in the last 10 years (Figure 3).

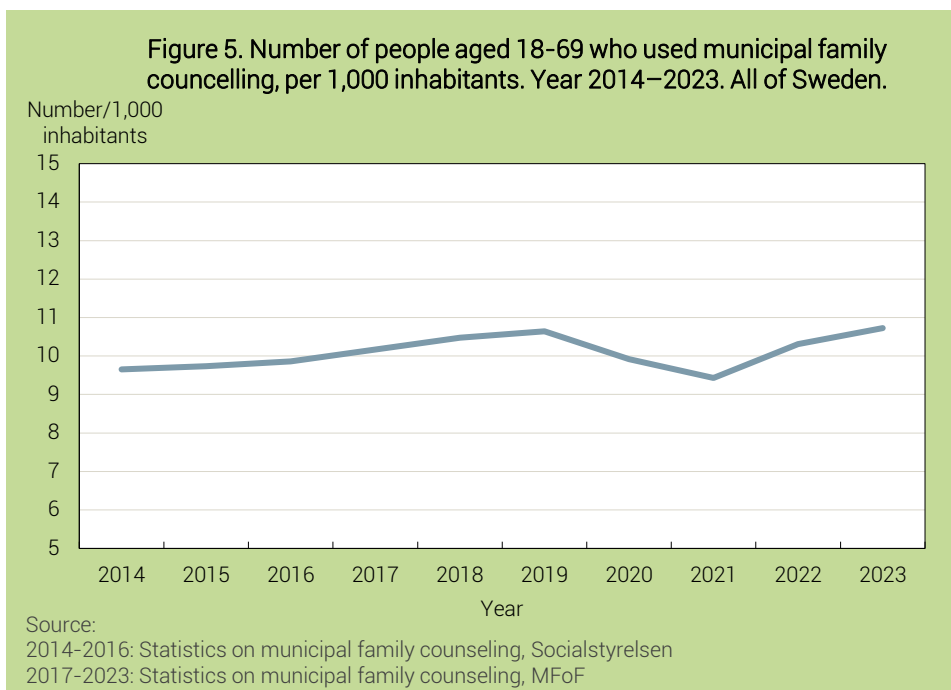


## Number of people who used municipal family counselling services

In 2023, the number of people aged 18 or older who used<sup>2</sup> municipal family counselling services was 72,340, which is a continued increase since the previous years (Figure 4). The number of people in 2023 corresponds to 11 per 1,000 inhabitants aged 18–69, which is the highest number in the last 10 years. The statistics show an increasing trend over time, with the exception of the years 2020–2021 which may have been an effect of the covid-19 pandemic (Figure 5).



<sup>2</sup>Includes personal visits to, or digital meetings with, municipal family counselling services for counselling and/or treatment.

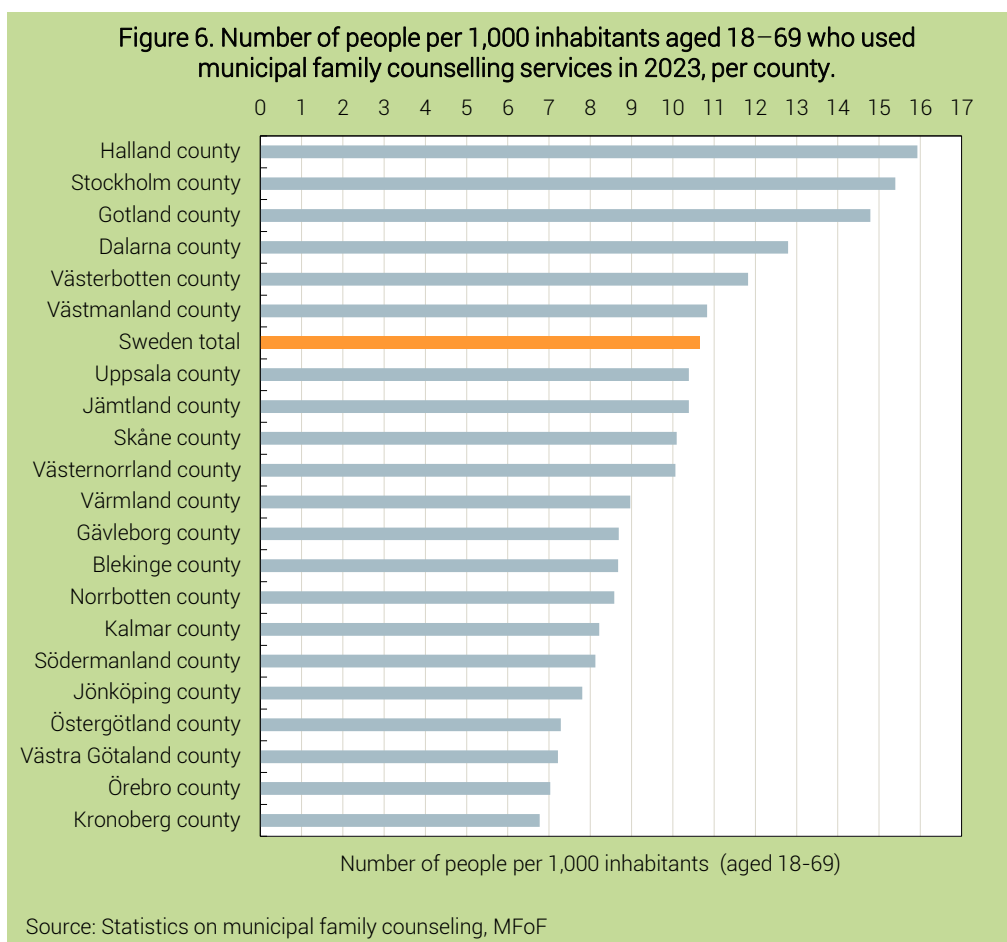


### Number of people who used municipal family counselling, per region

Figure 6 shows the number of people per 1,000 inhabitants aged 18–69 who used municipal family counselling services in 2023. The number varies between seven in Kronoberg county and 16 in Halland county. The average number for Sweden was 11 people per 1,000 inhabitants.

Compared to the previous year<sup>3</sup>, the main differences relate to Jämtland County, where the number of people per 1,000 inhabitants decreased from 21 people in 2022 to 10 people in 2023, and Västerbotten County, where the number of people per 1,000 inhabitants increased from seven people in 2022 to 12 people in 2023.

<sup>3</sup> Official statistic municipal family counselling 2022, [www.mfof.se/statistik\\_familjeradgivning](http://www.mfof.se/statistik_familjeradgivning)

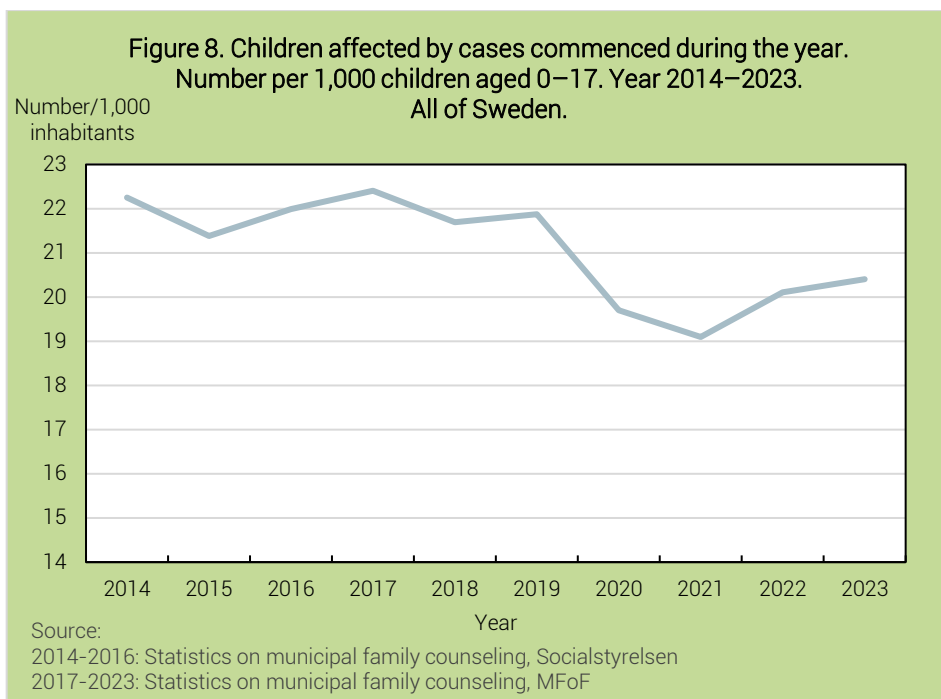
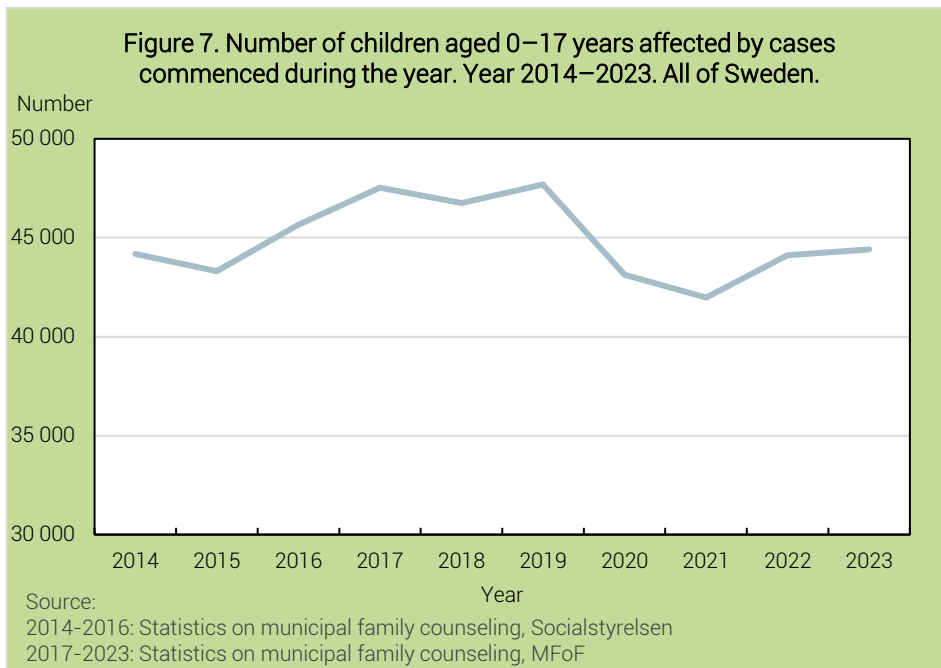


Factors that may be relevant for regional differences are, for example, availability of municipal family counselling, resources, fees and public awareness of municipal family counselling services. Another factor may be how well other counselling service providers, private-sector organisations or church organisations complement the services offered by municipalities in the different counties. The latter activities are not included in this survey.

### Number of children affected by municipal family counselling services

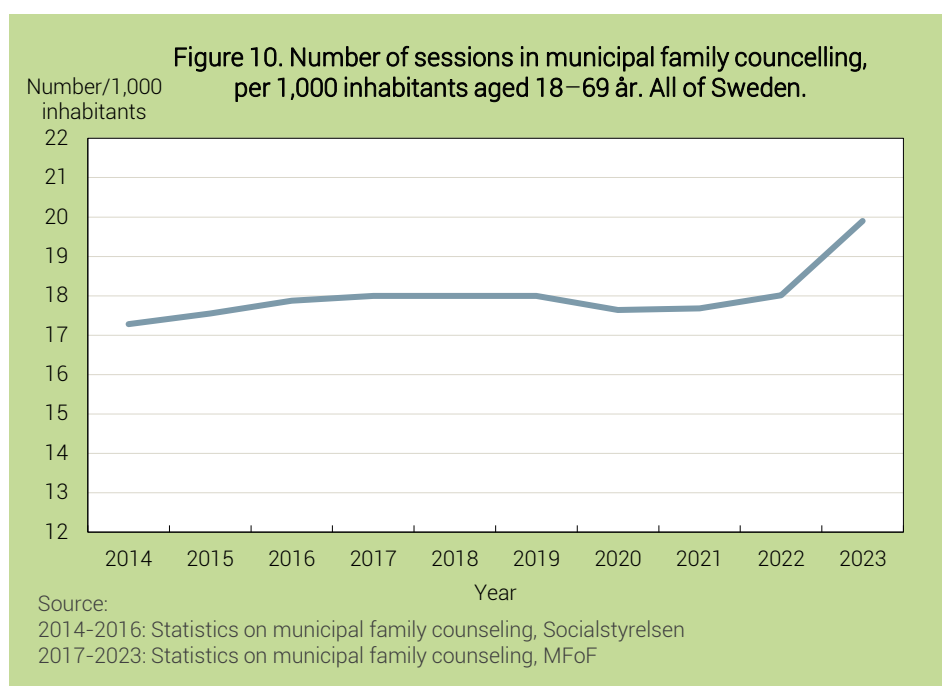
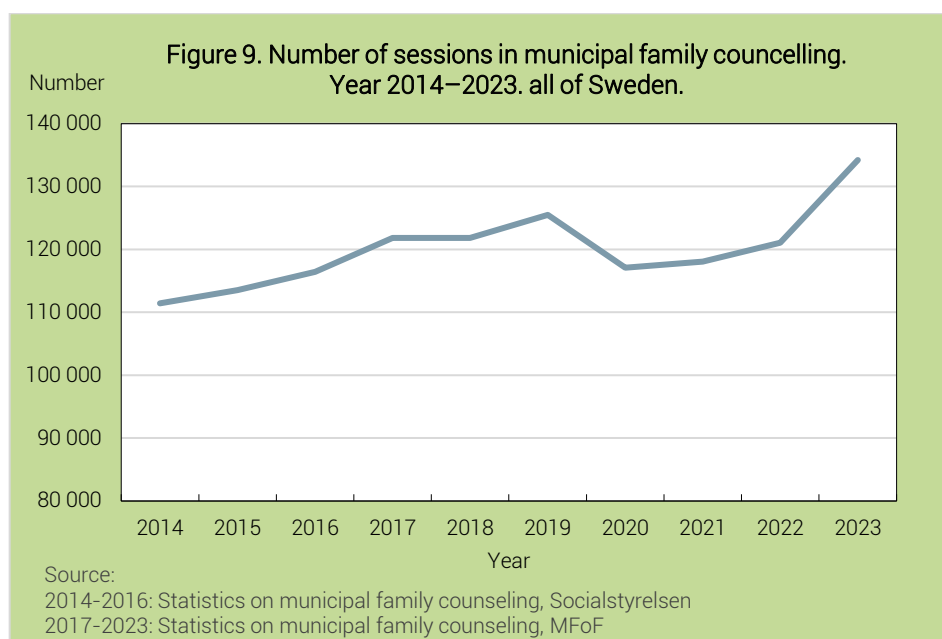
The number of children aged 0–17 affected by cases that started during 2023 was 44,410<sup>4</sup> (Figure 7). This corresponds to 20 children per 1,000 inhabitants aged 0–17. During the last ten-year period, the number of children per 1,000 has been higher between the years 2014–2019, compared to the years 2020–2023. In 2023, however, the number was higher than the three previous years (Figure 8).

<sup>4</sup>The number of affected children aged 0–17 is based on statistics of children living at home, children with supervised visitation and children living alternately between parents (available in the Excel file 2023, tabs: "Tab7" and "Tab8").



## Number of sessions in municipal family counselling services

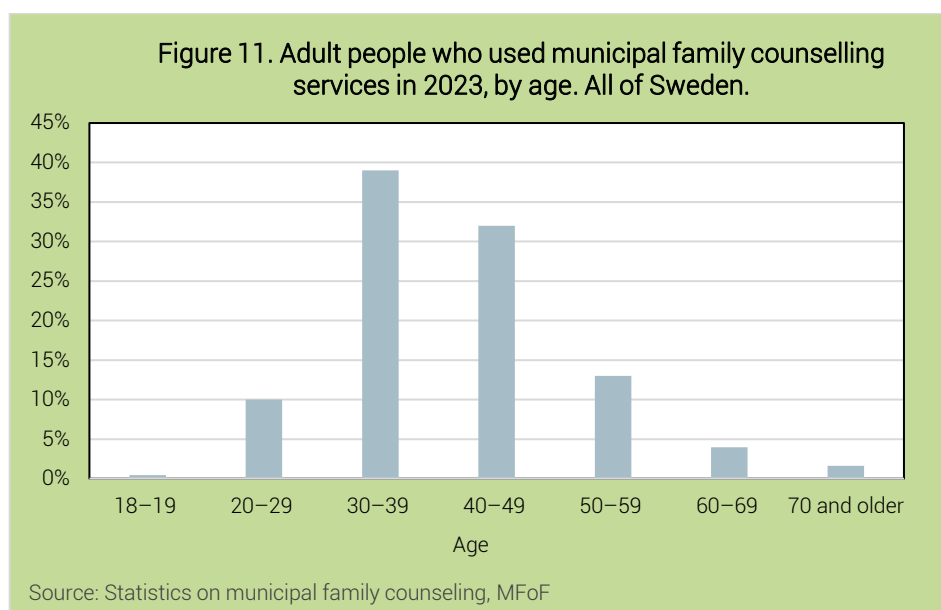
In total, 134,213 sessions were handled by municipal family counselling services in 2023, which is the highest number in the last 10 years. Compared to the year 2022, the number of sessions in 2023 has increased by around 13,000 (Figure 9). During the last 10 years the number of sessions per 1,000 inhabitants aged 18–69 has been between 17–18 for all years except 2023, where the number amounted to 20 (Figure 10).





## Age of those who used municipal family counselling services

Of those aged 18 years or older who used municipal family counselling services in 2023, most were aged 30–39 (39%). The second most common age range was 40–49 years (32%), followed by 50–59 years (13%), 20–29 years (10%), 60–69 years (4%) and 70 years and older (2%). The proportion of those aged 18–19 was less than one percent (Figure 11). When compared to the previous five years, the statistics have been similar.



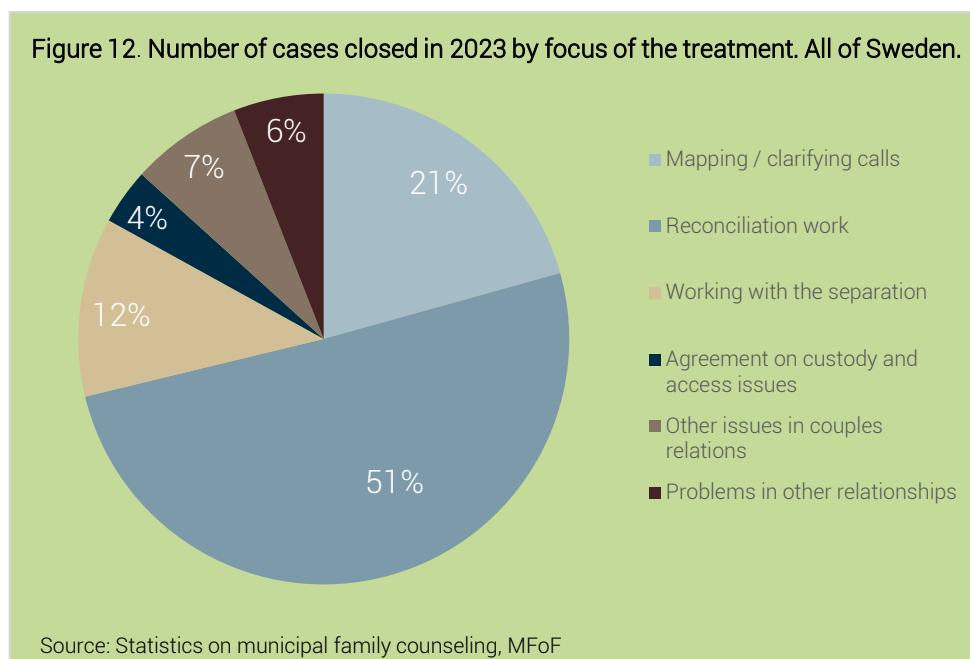
## Relationships encountered by municipal family counselling services

During the first visit to municipal family counselling, the nature of the relationship is categorised into one of the following: married, cohabitating, living apart, separated or other relationships (such as sibling relationships or parent/child relationships). The most common relationships in cases started in 2023 were married and cohabitating, accounting for 40% and 39% respectively.

Of the cases relating to couple relationships (married, cohabitants and living apart), it was still most common for the relationship to have lasted between 5 and 9 years (26%), followed by 10–14 years (22%) and 1–4 years (19%).

## Focus of the treatment

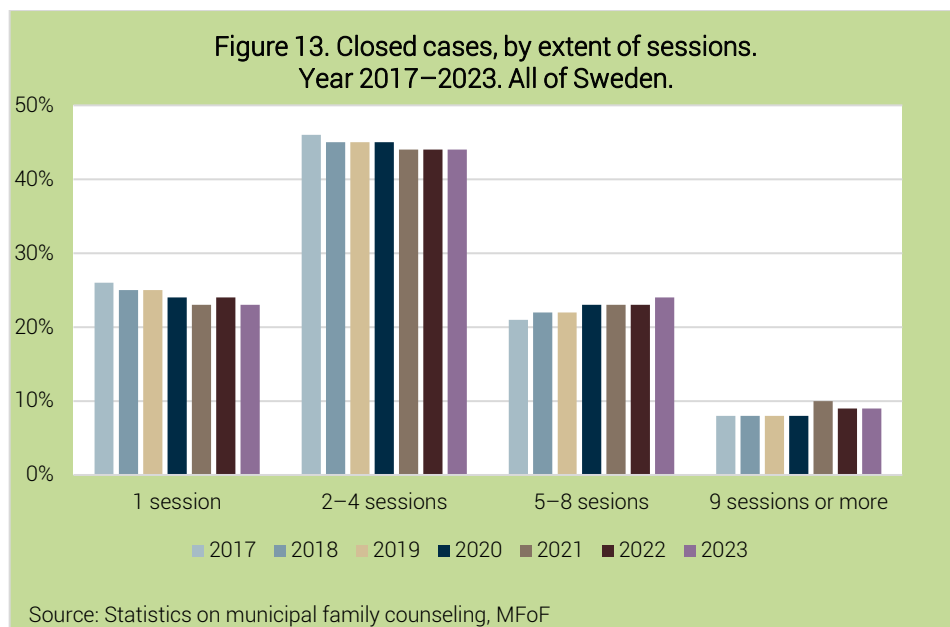
In terms of what was considered to be the focus of the treatment, reconciliation work<sup>5</sup> was the most common among the cases closed in 2023, followed by mapping/clarifying sessions and then sessions working with the separation (Figure 12). In reality, however, a case can involve several issues at the same time. The focus of the treatment can also change over time. The distribution of the focus of the treatment in 2023 are comparable with previous years.



<sup>5</sup> Counselling to resolve cohabitation issues in a couple relationship, aiming at a continuation of living together.

## Sessions per case

Of the cases closed in 2023, 23 percent consisted of one counselling session, 44 percent of two to four counselling sessions, 24 percent of five to eight sessions, and 9 percent of nine sessions or more. During the last seven-year period, the statistics have been similar (Figure 13).



### More information

Statistics on family law are available on MFoF's webpage. Most of the statistics are available per municipality and/or county.

[www.mfof.se/statistik\\_familjeradgivning](http://www.mfof.se/statistik_familjeradgivning)

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