



FAMILY LAW
AND PARENTAL
SUPPORT AUTHORITY

Statistics on municipal family counselling services 2025

Dnr AD 2025–1043, 2026-06-02

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 2025 and is described in comparison to previous years.

The results are reported at national level and are stated in total number. Some results are also reported in number per 1,000 inhabitants.¹ The sections presented under *Organization and implementation of family counseling services* were added to the survey before the collection of the 2025 statistics and are being published for the first time in 2026.

Content

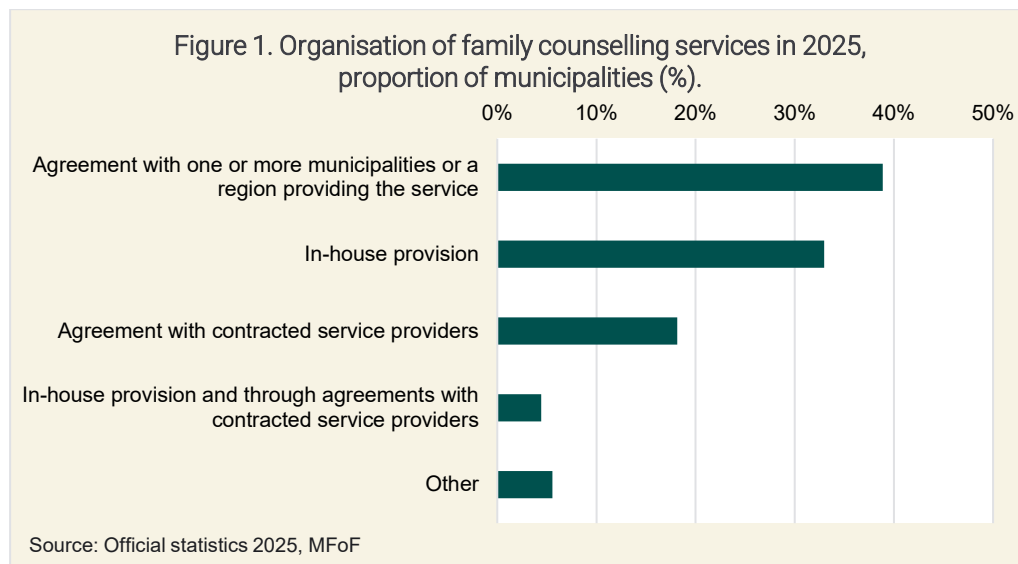
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¹ Calculated using data on the total population in the age group. Source: Statistics Sweden (SCB), Statistical database, Population 2025.

Organisation and implementation of family counselling services

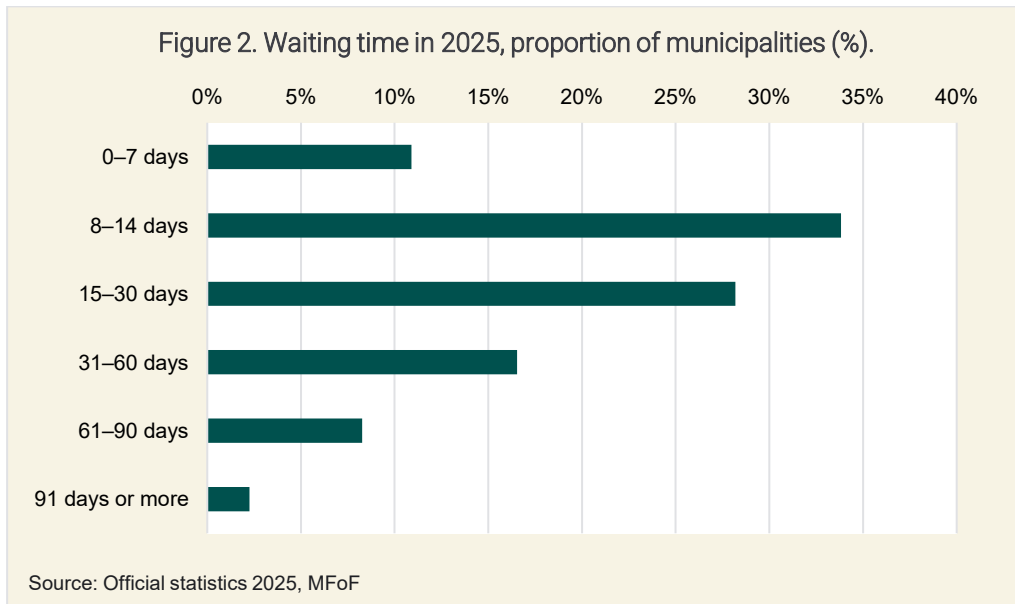
Organisation of family counselling

Of the 270 municipalities that provided information on how family counselling services were organised (93 percent of all municipalities), the highest proportion, 39 percent, reported that the services were provided through agreements with one or more municipalities or a region. Furthermore, 33 percent stated that family counselling services were provided in-house, while 18 percent reported that the services were delivered through agreements with contracted providers. A smaller proportion, 4 percent, reported that the services were provided both in-house and through agreements with contracted providers. Finally, 6 percent stated that family counselling services were organised in another way (Figure 1).



Waiting time

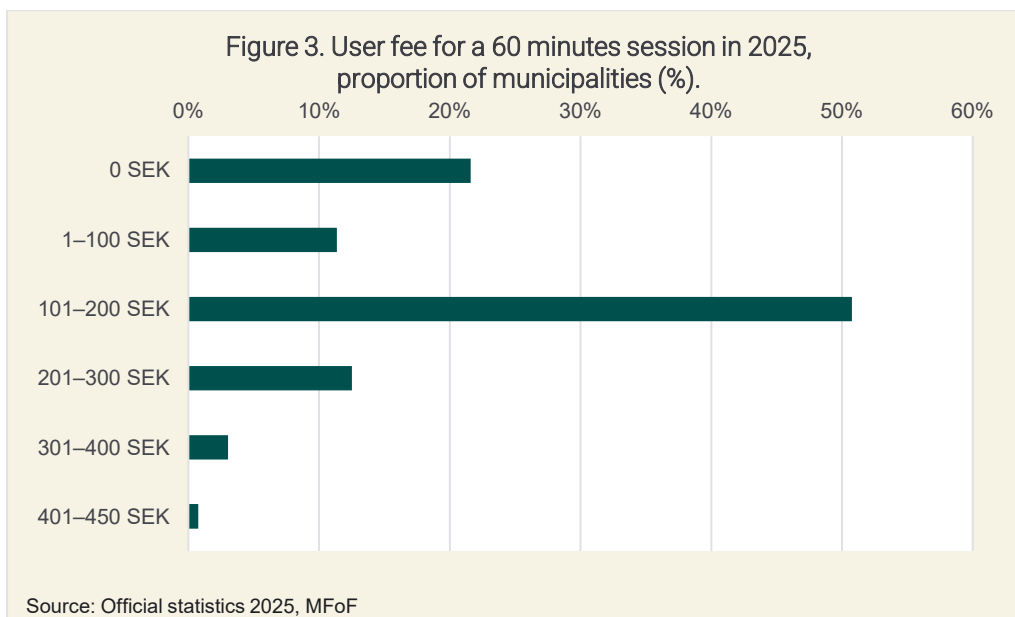
Of the 266 municipalities that provided information on the average waiting time in 2025 (92 percent of all municipalities), a waiting time of 8–14 days was the most common (34 percent). This was followed by 15–30 days (28 percent) and 31–60 days (17 percent). Furthermore, 11 percent reported a waiting time of 0–7 days and 8 percent reported 61–90 days. Waiting times of 91 days or more were reported by 2 percent of municipalities (Figure 2).



User fee for session

The user fee for a 60-minute counselling session ranged between 0 and 450 SEK among the 264 municipalities that provided information on user fees and session length (91 percent of all municipalities).

In 22 percent of municipalities, counselling sessions were free of charge. The most common fee level was 101–200 SEK, which applied in 51 percent of municipalities. This was followed by 201–300 SEK (13 percent) and 1–100 SEK (11 percent). Fees of 301–400 SEK were reported in 3 percent of municipalities and 401–450 SEK in 1 percent (Figure 3).



Session length

The length of counselling sessions ranged between 45 and 110 minutes among the 265 municipalities that provided information on session length (91 percent of all municipalities). The most common length was 90 minutes, reported by 54 percent of municipalities. This was followed by 60 minutes (26 percent) and 75 minutes (17 percent). Other session lengths reported by municipalities, but occurring to a limited extent, were 70 minutes (2 percent), 80 minutes (1 percent), as well as isolated reports of 45 and 110 minutes.

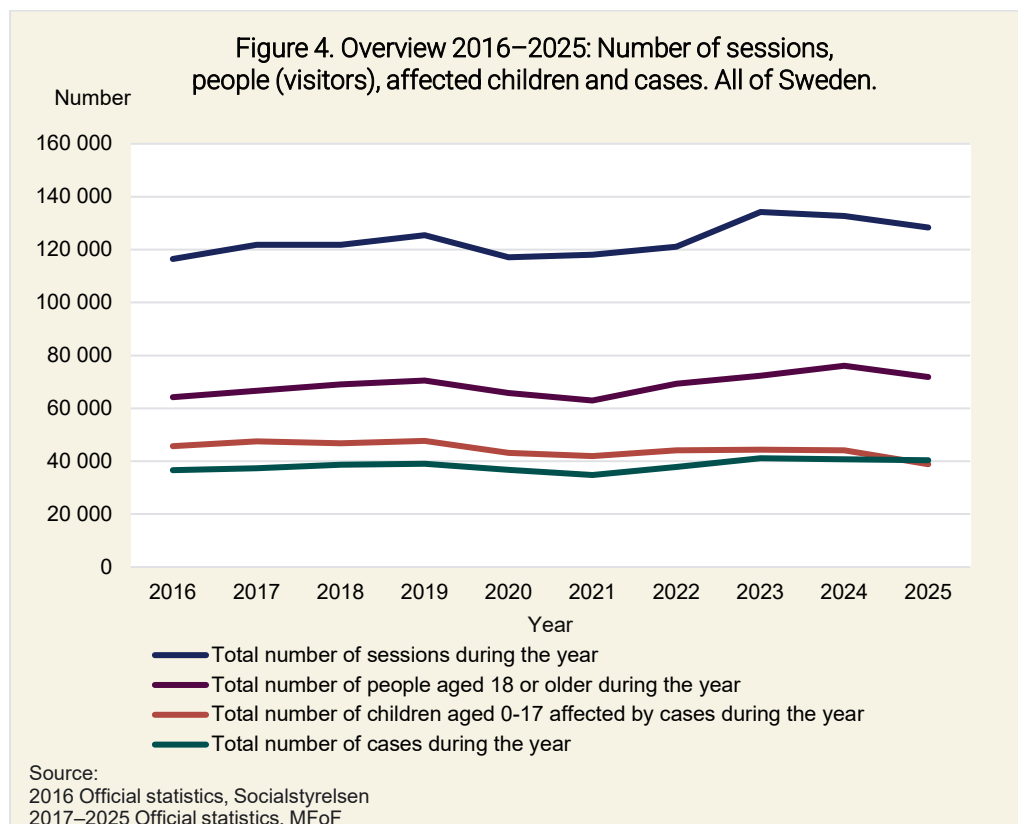
Session limits

Of the 267 municipalities that provided information on whether a limit on the number of counselling sessions was applied (92 percent of all municipalities), 87 percent reported that no such limit was applied, while 13 percent stated that a limit was in place. Among the municipalities that applied a limit, the threshold ranged from 5 to 10 sessions.

Cases, visitors, affected children and sessions

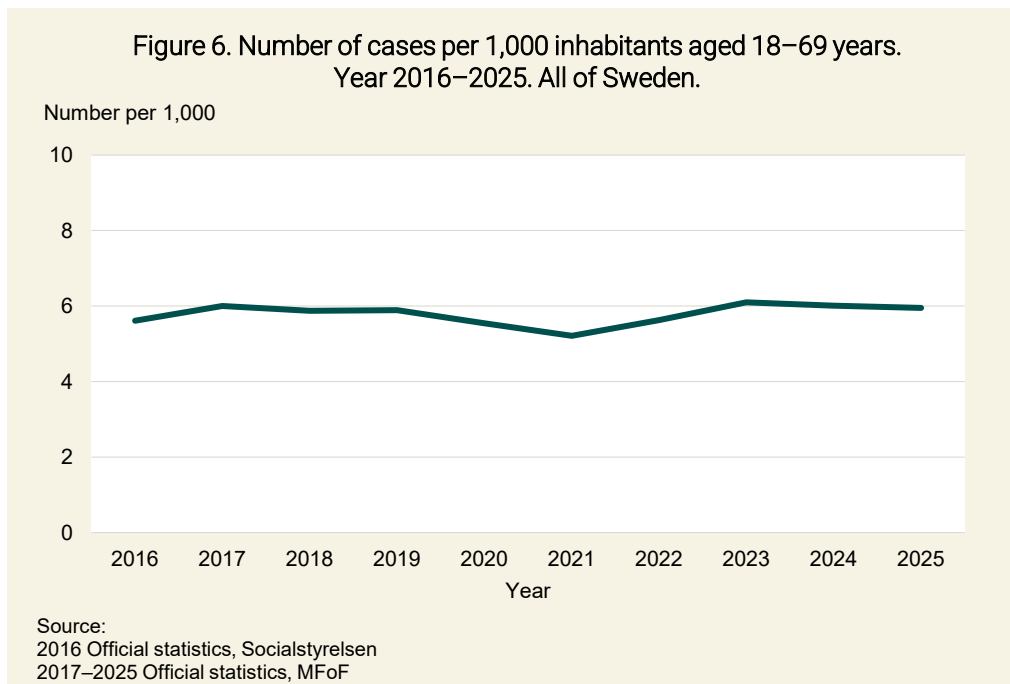
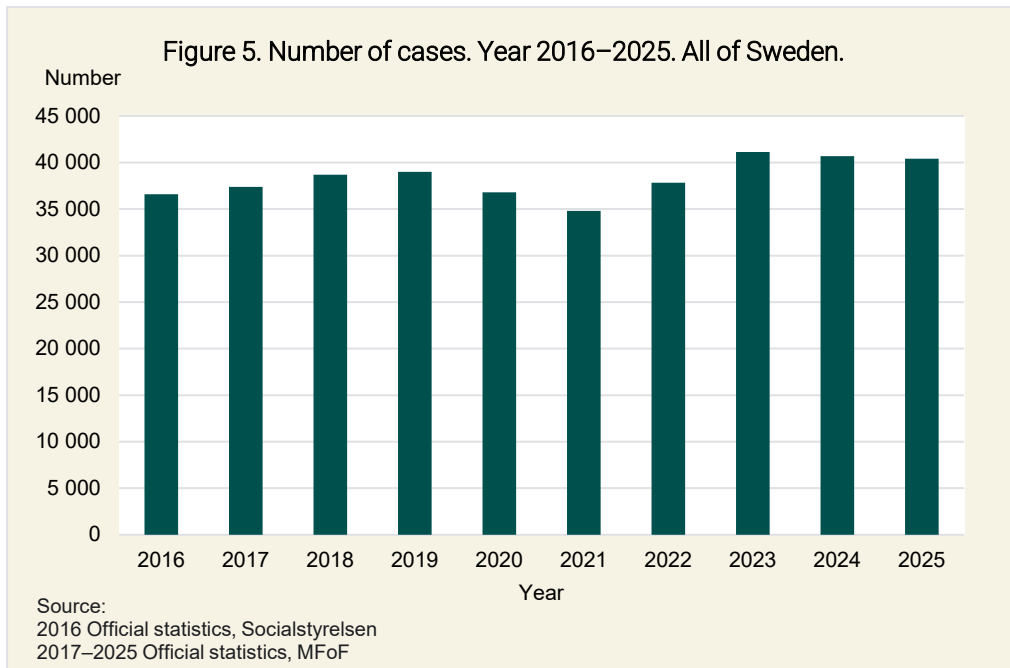
Overview

Figure 4 presents an overview with statistics on the municipal family counselling of the last ten-year period. In the figure, statistics are presented concerning number of sessions, visitors, affected children and cases, between 2016–2025. In subsequent figures, the results are presented in more detail.



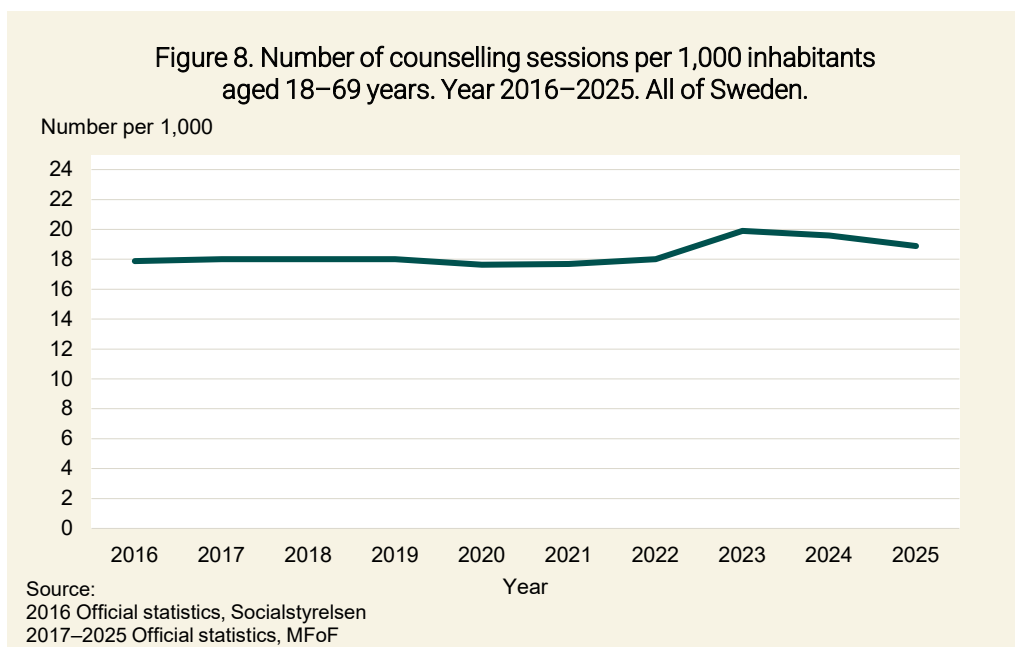
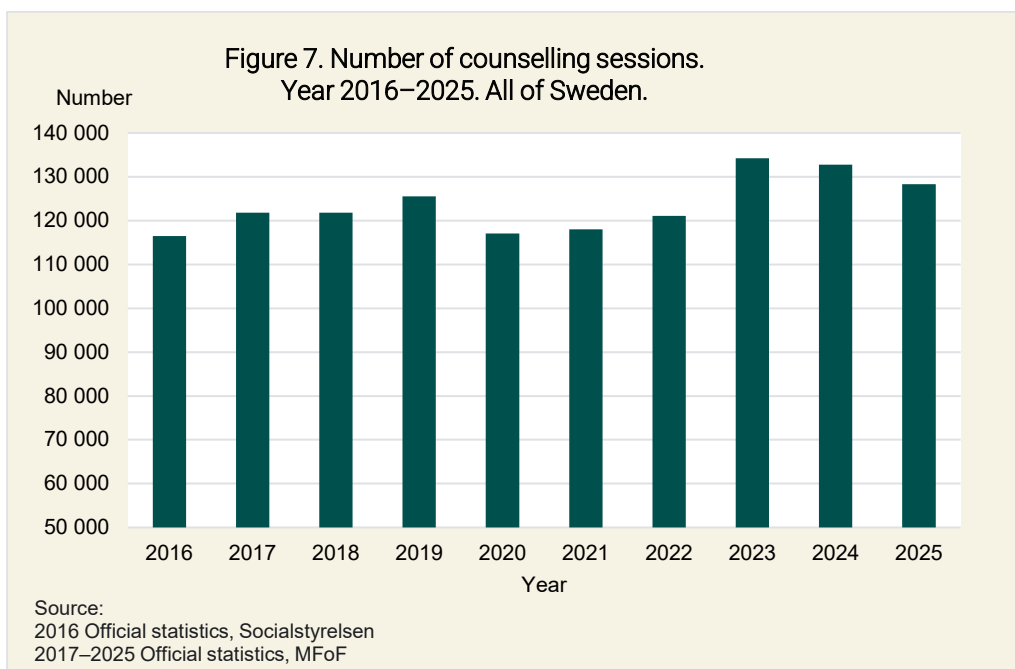
Number of cases in municipal family counselling services

In 2025, the number of cases in municipal family counselling amounted to 40,412 (Figure 5). This corresponds to 6.0 cases per 1,000 inhabitants aged 18–69 (Figure 6). The number of cases has varied over the past ten-year period. Following a decline in 2020–2021, the number increased until 2023, followed by a slight decrease in 2024–2025. The rate per 1,000 inhabitants has remained relatively stable over time.



Number of counselling sessions

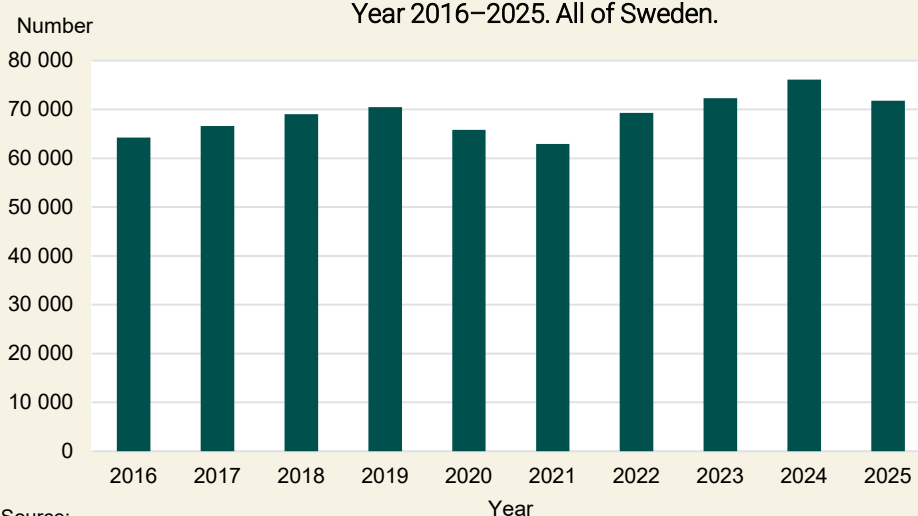
In 2025, a total of 128,292 counselling sessions were conducted within municipal family counselling services (Figure 7), corresponding to 18.9 sessions per 1,000 inhabitants aged 18–69. The level has decreased slightly compared with 2023–2024 but remains above the levels recorded prior to 2023 (Figure 8).



Number of people who participated in counselling sessions

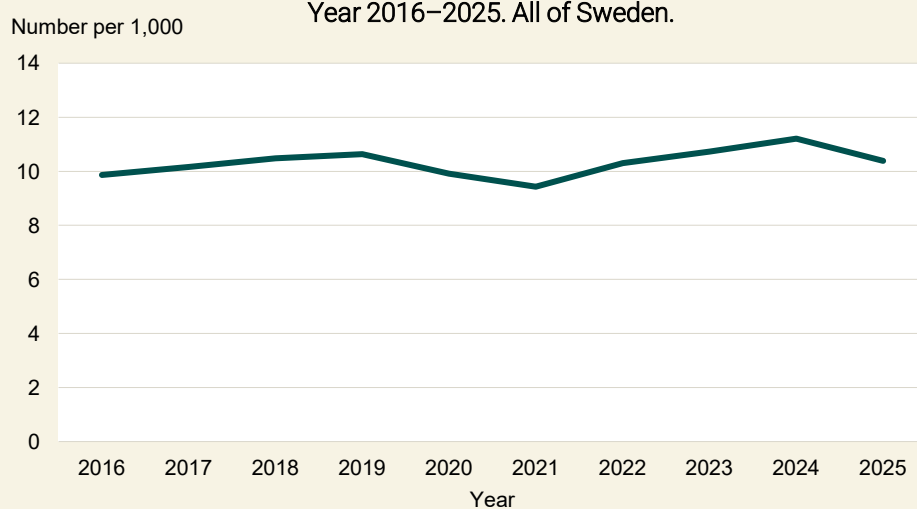
In 2025, the number of people who participated in counselling sessions amounted to 71,792 (Figure 9), corresponding to 10.4 individuals per 1,000 inhabitants aged 18–69 (Figure 10). The levels increased gradually during 2022–2024 but declined slightly in 2025. Compared with previous years, the trend has varied, with an increase up to 2019, a decrease during 2020–2021, and a subsequent recovery in 2022–2024. The levels in 2025 remain higher than those observed at the beginning of the period.

Figure 9. Number of people who participated in counselling sessions. Year 2016–2025. All of Sweden.



Source:
 2016 Official statistics, Socialstyrelsen
 2017–2025 Official statistics, MFoF

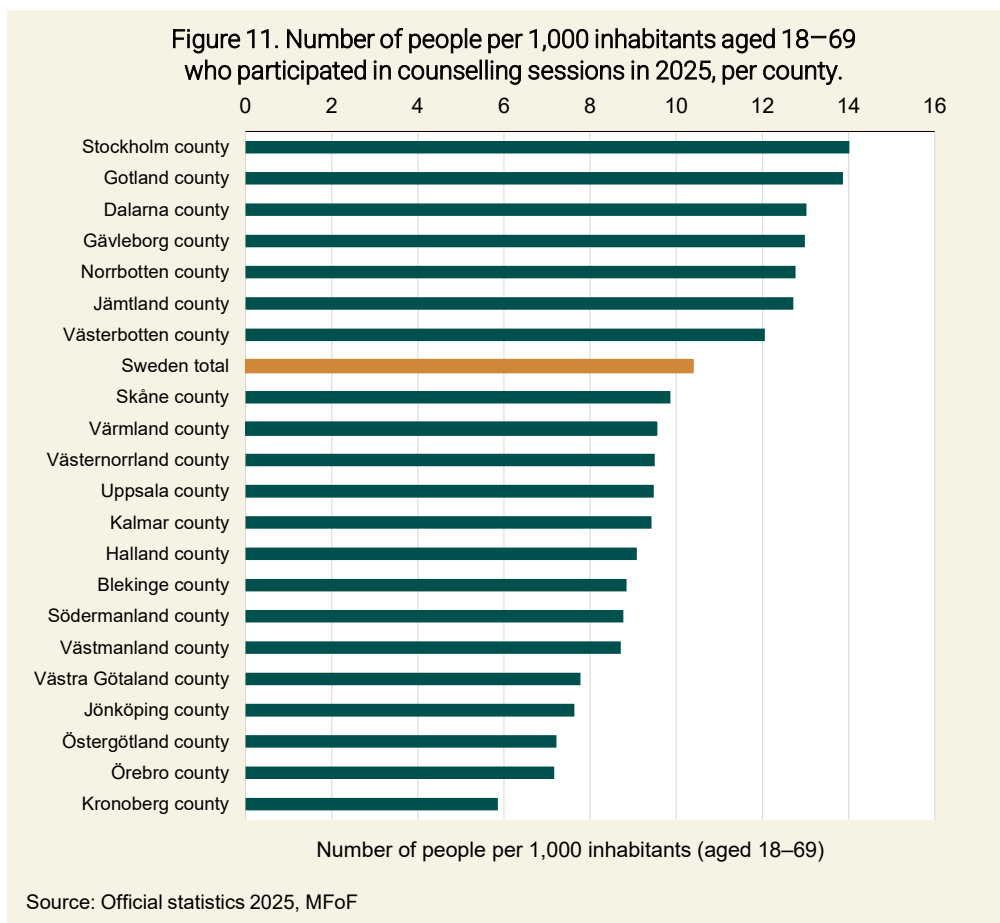
Figure 10. Number of people aged 18–69 years who participated in counselling sessions, per 1,000 inhabitants. Year 2016–2025. All of Sweden.



Source:
 2016 Official statistics, Socialstyrelsen
 2017–2025 Official statistics, MFoF

Number of people who participated in counselling sessions, per region

Figure 11 shows that the number of persons per 1,000 inhabitants aged 18–69 ranged from 5.9 in Kronoberg County to 14.0 in Stockholm County. The national average was 10.4 persons per 1,000 inhabitants. Compared with 2024, several counties recorded a decrease, including Halland County (from 16.2 to 9.1) and Jönköping County (from 12.6 to 7.6). Gävleborg County, by contrast, shows an increase from 10.1 to 13.0 persons per 1,000 inhabitants.



Number of children affected by cases

A total of 28,878 children aged 0–17 was affected by cases started during 2025². This is the lowest level in the past ten-year period (Figure 12). The number corresponds to 18.3 children per 1,000 inhabitants aged 0–17, which is also the lowest level during the period. In other years, the rate has varied between 19.1 and 22.4 (Figure 13).

The decrease mainly concerns children aged 0–6. The lower number of children affected in this age group may be due to the declining birth rate in Sweden. At the same time, the proportion of cases without children has increased from about 21 percent to 26 percent over the period.

² 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 2025, "Tab 10").

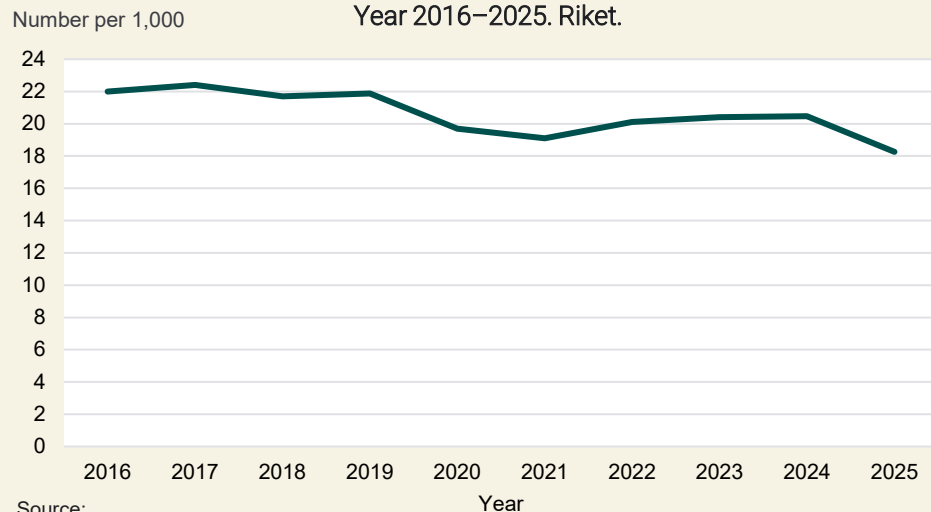


Figure 12. Number of children aged 0–17 years affected by cases started during the year. Year 2016–2025. All of Sweden.



Source:
2016 Official statistics, Socialstyrelsen
2017–2025 Official statistics, MFOF

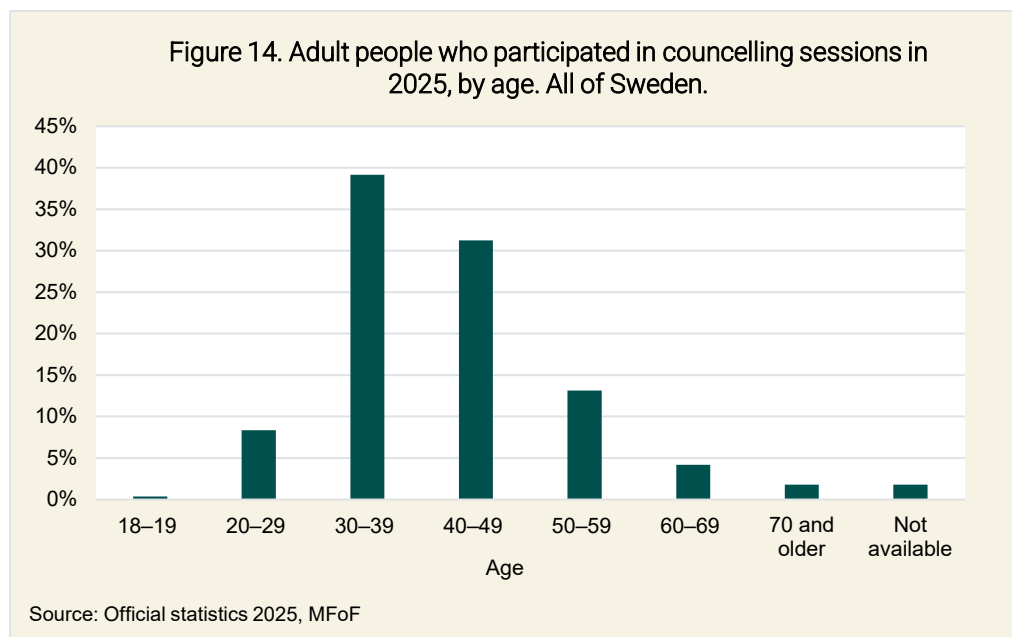
Figure 13. Number of children aged 0–17 years affected by cases started during the year, per 1,000 inhabitants. Year 2016–2025. Riket.



Source:
2016 Official statistics, Socialstyrelsen
2017–2025 Official statistics, MFOF

Age of those who participated in counselling sessions

Of those aged 18 years or older who participated in counselling sessions in 2025, most were aged 30–39 (39%). The second most common age range was 40–49 years (31%), followed by 50–59 years (13%), 20–29 years (8%), 60–69 years (4%) and 70 years and older (2%). The proportion of those aged 18–19 was less than one percent (Figure 14). When compared to the previous five years, the statistics have been similar.



Nature of the relationships

Of the cases initiated in 2025, married couples and cohabiting couples were the most common types of relationships, accounting for 39 percent each. The remaining cases consisted of living-apart-together couples, separated couples, and other types of relationships (e.g. sibling relationships or parent–child relationships) (Table 1).

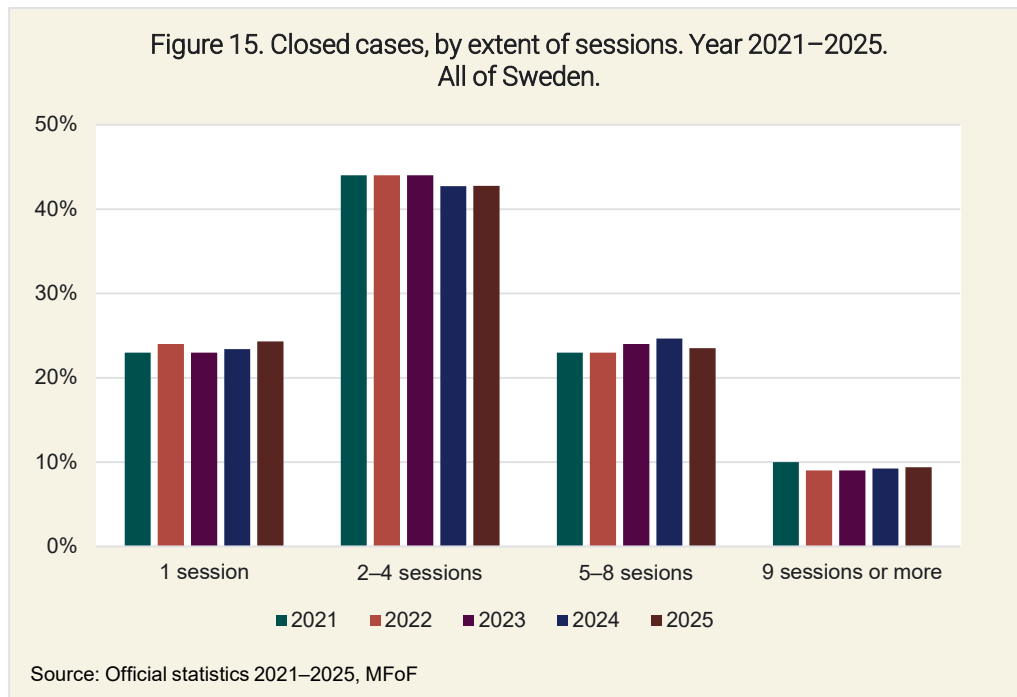
Table 1: Nature of the relationship in cases started in 2025. All of Sweden.

Nature of the relationship	Proportion of cases (%)
Married couples living together	39 %
Cohabiting couples	39 %
Couples living separately	8 %
Separated couples	7 %
Other	6 %
Not available	1 %

Source: Official statistics 2025, MFoF.

Sessions per case

Statistics for the past five years show that the most common number of counselling sessions in closed cases is 2–4 sessions, followed by 1 session and 5–8 sessions. A smaller proportion of cases include 9 or more sessions (Figure 15). In 2025, 2–4 sessions were conducted in 43 percent of closed cases, 1 session and 5–8 sessions in 24 percent each, and 9 or more sessions in 9 percent.³



More information

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

www.mfof.se/statistik_familjeradgivning

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³ The proportion is based on 27,716 cases with information about the number of sessions was reported. In 483 cases, the information was missing, which are not included.