

BARCELONA



BCN ANTIMASCLISTA

IF YOU ARE LIVING IN A SITUATION WHERE YOU EXPERIENCE GENDER VIOLENCE

+34 900 900 120

24-HOUR HOTLINE AGAINST GENDER VIOLENCE (free and confidential)

Urgent in-person service: C. Marie Curie, 16, Barcelona

Tel. 900 922 357

**(Mon-Fri, 9 am to 1 pm; outside these hours, please go to C/ Llacuna, 25).
sara@bcn.cat**

FROM HOME

IF YOU ARE LIVING IN A SITUATION WHERE YOU EXPERIENCE GENDER VIOLENCE

BE PREPARED:

- Adapt the safety recommendations to your particular situation.
- Carry your mobile with you at all times and make sure it's charged. Change the password often.
- Download the My 112 app to make emergency calls.
- Speak with someone you trust every day around the same time. Agree on a code word to say in case there's an emergency.
- Use your phone to take photos of your important documents (National ID card, family book, bank information, etc.), and send them to someone you trust.

IF YOU ARE ATTACKED:

- Call 112.
- Try to immediately exit the house and head towards a community space (balcony, stairway, etc.).
- If you can't, lock yourself in a room with a window. Avoid the kitchen and the bathroom.
- Shout and make noise so the neighbours can hear you.

AFTER YOU ARE ATTACKED:

- If your abuser leaves the home, shut and lock all the doors and windows.
- Leave the home, if you can, and search for a safe place.
- You can go to the hospital, to the police, or to the specialised services that are open.

IF YOU HAVE CHILDREN:

- Explain to them that if there is a situation of violence, they must protect themselves and not interfere.
- You can agree on a code word so that they know to call for help during a dangerous situation.
- If you lock yourself in a room or you decide to leave, always try to do so with them.

Self-protection measures during the confinement due to Covid-19