

# **BCNantimasclista**

# Sants-Montjuïc

# A good care Guide

NOMÉS SÍ ÉS SÍ

Only yes means yes

English







# Do you suspect that a man you know is carrying out acts of gender violence?

Does he take advantage of telling a story to make a **fool** of his partner?

Does he **not** let his **partner** meet with other people?

Does he keep track of her messages?

Do you think he might be behaving violently?

Does he often cross the line and lose control?

Do you want to know how to help him?

If you know a man who may be committing any type of gender violence,

## take action:

- Seek out specialist help.
- ▶ Let the man know that you want to help him.
- ► Acknowledge his trust and go with him to seek help.

# Do you suspect that a woman you know is suffering gender violence?

Does a woman within your social circle feel **intimidated** by her partner?

When you ask how things are going with her partner, does she change the subject?

Does she seem downbeat or has her character changed?

Do you get the feeling she is showing fear?

Do you hear that her partner threatens her, or does she tell you about it?

Do you want to know how to help her?

# If you find out about violence against women, take action:

- Seek out specialist help.
- Listen to the woman and don't dispute what she tells you.
- Respect her space and acknowledge her trust.
- Let her know that what's happening is not her fault, and that you want to help her.

# Gender violence help line:

## 900 900 120

In cases of sexual assault:
If you are over 16 years old
Emergency services
Hospital Clínic
Barcelona

## Homes i dones Men and women

### **Primary care centres (CAP)**

### **Bordeta-Magòria**

C. Corral, 41 Tel. 93 431 65 70

#### **Doctor Carles Ribas**

C. Foc, 112 Tel. 93 223 28 88

#### La Marina

C. Amnistia Internacional, 8-14 Tel. 93 298 88 50

#### **Les Hortes**

C. Nou de la Rambla, 117 Tel. 93 324 91 00

#### **Manso**

C. Manso, 19 Tel. 93 551 72 83

#### Numància

C. Numància, 23 Tel. 93 495 58 86

### Roger

C. Roger, 48-64 Tel. 93 431 00 39

#### **Sants**

Pg. del Vapor Vell, 44-46 Tel. 93 491 51 97

#### **Social Services offices**

Tel. 900 922 357

#### **Cotxeres de Sants**

Pas de Fructuós Gelabert, 2

#### La Marina

Pg. Zona Franca, 185

#### Numància

C. Numància, 7

### Poble-sec

C. Roser, 15

## Dones

## Assistance, Recovery and Reception Service (SARA)

C. Marie Curie, 16 Tel. 900 922 357

## Women's Support and Information Points (PIAD)

Pas de Fructuós Gelabert, 2 Advance appointments: 900 922 357 (By telephone, Mon-Fri 9am to 2pm and Mon-Thurs 4pm to 7pm)

## **Sexual and Reproductive Health Care Assistance Service (ASSIR)**

### **Doctor Carles Ribas**

C. Foc, 112 Tel. 93 223 28 88

#### **Les Hortes**

C. Nou de la Rambla, 117 Tel. 93 324 91 00

#### **Manso**

C. Manso, 19 Tel. 93 551 72 83

#### Numància

C. Numància, 23 Tel. 93 495 58 86



### **Men's Care Programme (SAH)**

Marquès d'Argentera, 22



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Districte de Sants-Montjuïc

