

L'EIXAMPLE A GOOD CARE GUIDE



**WHERE TO GO FOR HELP
AND ADVICE IN THE DISTRICT?**

#BCNANTIMASCLISTA

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

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.

SPECIFIC CARE SERVICES FOR MALE VIOLENCE

CARE, RECOVERY AND SHELTER SERVICE

For women and LGBTI people

C. Marie Curie, 16

Tel. 900 922 357

sara@bcn.cat

PLURAL, MASCULINITIES CENTRE

Av. Marquès de l'Argentera, 22

Tel. 933 491 610

plural@bcn.cat

WOMEN'S SUPPORT AND INFORMATION POINTS

C. Calàbria, 264 (entrance Jardins Rosa Deulofeu)

Tel. 900 922 357

piad_eixample@bcn.cat

EMERGENCY SERVICES

HOSPITAL CLÍNIC

C. Villarroel, 170

Tel. 932 275 400

HOSPITAL DOS DE MAIG

C. Dos de Maig, 301

Tel. 935 072 700

HOSPITAL SAGRAT COR

C. Viladomat, 288

Tel. 933 221 111 (Switchboard)

Tel. 934 948 907 (Emergency)

HOSPITAL SANT PAU

C. Sant Quintí, 89

Tel. 933 919 000

EMERGENCY CENTER FOR PRIMARY CARE (CUAP) MANSO

C. Manso, 19

Tel. 935 517 283

BARCELONA SOCIAL EMERGENCY AND URGENT CARE CENTRE (CUESB)

C. Llacuna, 25

Tel. 900 703 030



SECURITY FORCES

GUÀRDIA URBANA (CITY POLICE)

C. Nàpols, 42
Tel. 678 466 230
referentvmut2@bcn.cat

VICTIM ATTENTION SERVICES (SAV)

Monday to Sunday, 7 AM - 10 PM
gu_sav@bcn.cat

Police Station Ciutat Vella

La Rambla, 43

Police Station Nou Barris

C. Marie Curie, 20

MOSSOS D'ESQUADRA

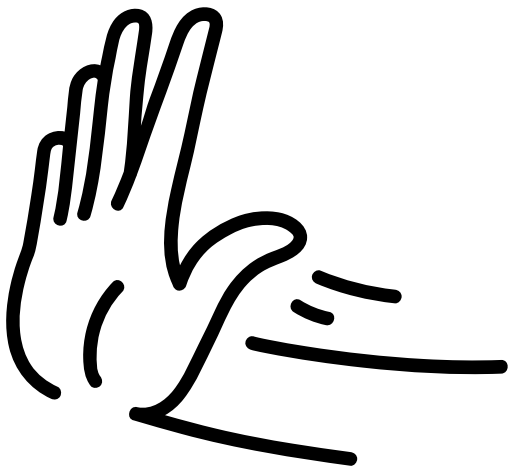
Advice and doubts service against gender-based violence

Pl. Espanya, 1
(24 h / 365 days)
Whatsapp: 601 001 122
mossos.atenciovictimes@gencat.cat
Police Station (24 h / 365 days)

VICTIM ATTENTION GROUP (GAV) L'EIXAMPLE

Monday to Friday, 6 AM - 10 PM
Weekend, 6 AM - 6 PM
Tel. 935 676 983

WOMEN SELF-PROTECTION ADVICE



IN CASE OF AN EMERGENCY CALL

112



IN CASE OF SEXUAL ASSAULT

IF YOU ARE **OVER** 16 YEARS OLD

Emergency services Hospital Clínic
Barcelona
C. Villarroel, 170

IF YOU ARE **UNDER** 16 YEARS OLD

Emergency services Hospital Vall
d'Hebron Barcelona
Pg. Vall d'Hebron, 119

FREE AND CONFIDENTIAL SERVICES

CENTER FOR PRIMARY CARE (CAP)

- **Borrell** - C. Comte Borrell, 305
Tel. 932 271 800
- **Casanova** - C. Rosselló, 161
Tel. 932 279 800
- **Manso** - C. Manso, 19
Tel. 935 517 283
- **Passeig Sant Joan** - Pg. St. Joan, 20
Tel. 932 650 117
- **Roger de Flor** - C. Roger de Flor, 194
Tel. 935 070 390
- **Sagrada Família** - C. Còrsega, 643
Tel. 935 510 010

SEXUAL AND REPRODUCTIVE HEALTH CARE (ASSIR)

- **Dreta de l'Eixample**
C. Roger de Flor, 194, 2nd floor
Tel. 934 585 980
- **Esquerra de l'Eixample**
C. Manso, 19, 6th floor
Tel. 935 566 755

SOCIAL-SERVICE CENTRES

Tel. 900 922 357

- **Antiga Esquerra de l'Eixample**
C. Mallorca, 219, 2nd floor
- **La Dreta de l'Eixample / El Fort Pienc**
Ctra. Antiga d'Horta, 5
- **Nova Esquerra de l'Eixample**
C. Comte Borrell, 305, attic floor
- **Sagrada Família**
C. Nàpols, 244 (entrance Jardins Beatriu de Provença)
- **Sant Antoni**
C. Calàbria, 38

YOUTH CENTRE OF SEXUAL ATTENTION (CJAS)

C. La Granja, 19
Tel. 934 151 000

"AQUÍ T'ESCOLTEM" (ATE) L'EIXAMPLE

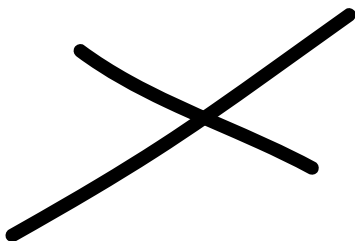
Care for young people aged 12 to 20
Whatsapp: 621 250 646
eixample_aquitescoltem@bcn.cat

KONSULTA'M L'EIXAMPLE

Psychological support for young people aged 12 to 22
Tel: 617 957 117
konsultam.eixample@clinic.cat

BARCELONA LGTBIQ+ CENTRE

C. Comte Borrell, 22
Tel. 938 805 111
info@centrelgtbibcn.org



TELEPHONE CARE SERVICE AGAINST GENDER VIOLENCE

900 900 120

24 h / 365 days / 124 languages / Free and confidential

EMERGENCIES

112

24 h / 365 days

 [@bcn_eixample](https://www.instagram.com/bcn_eixample)

 barcelona.cat/eixample

 barcelona.cat/eixample/feminismes-lgtbi