

Early signs of abuse

YOU MAY BE SUFFERING FROM ABUSE IF YOUR PARTNER OR EX-PARTNER ...

- ☞ Ridicules you, makes you feel inferior, hopeless or useless.
- ☞ Isolates you, prevents you from interacting with family or friends, becomes jealous or provokes a fight.
- ☞ Threatens, humiliates, shouts at or insults you in private or in public.
- ☞ Makes you feel guilty; you are to blame for everything.
- ☞ Threatens to harm you or your family.
- ☞ Makes you afraid of their look or their gestures.
- ☞ Controls your money, the way you dress, checks your mobile phone and social networks.
- ☞ Has physically assaulted you at any time.
- ☞ Forced you to have sex against your will.
- ☞ Threatens to take away your children if you leave them.



AGAINST GENDER-BASED VIOLENCE

What to do?

The first step you can take is to explain your situation to others and ask for help. We advise you to seek the support of trusted family and friends to support you through these difficult times.

WE ARE WITH YOU

☎ **Call 016:** free and confidential information hotline and legal advice, 24 hours a day and in 53 languages.

📞 Write on **WhatsApp** to **600 000 016**.

✉ Send an email to 016-online@igualdad.gob.es.



Check out WRAP, the **website for support resources and prevention in cases of gender-based violence**, which allows for the location of police and judicial resources as well as information, care and counselling close to your location.



If you are a minor and believe that someone around you is suffering from gender violence, you can call **ANAR**, at the following telephone number: **900 20 20 10**.



Trust the health staff at your health centre and tell them about it.

How can we help you?


Get advice by calling 016 (free and confidential)

Consult [HERE](#) the guide to the rights of female victims of gender-based violence:




#GUIDERIGHTS

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 Delegación del Gobierno contra la Violencia de Género



Immediate and free legal assistance



Programmes to promote socio-occupational integration



Backing and support in the comprehensive recovery process



Financial assistance



Specialised care for your children



Housing support



Emergency and temporary accommodation



Possibility of obtaining a residence and work permit in the case of foreign women



Specific rights to reconcile violence against women with workplace requirements



Protective measures in situations of risk

