

Your voice can help other women.
Number of attention to all forms of violence
against women:

#016 for every woman

- ☎ 016
- ✉ 016-online@igualdad.gob.es
- 🌐 violenciagenero.igualdad.gob.es
- 📞 600 000 016

You can call 016 with your mobile phone or you can do it online, completely free of charge.

It is available 24 hours a day, 7 days a week, and in 53 different languages.

If you find yourself in an emergency, call 112.



Government website



+34 722 140 142
+34 622 042 564
Contact hours
Mon-Fri, 9:00 - 17:00

- ✉ info@saludentreculturas.es
- 📧 [@saludentreculturas](https://www.facebook.com/saludentreculturas)
- 📧 [@salud_culturas](https://www.instagram.com/salud_culturas)
- 🌐 saludentreculturas.es

Don't worry, you are not alone

Salud
entre
mujeres



Diverse voices
against violence



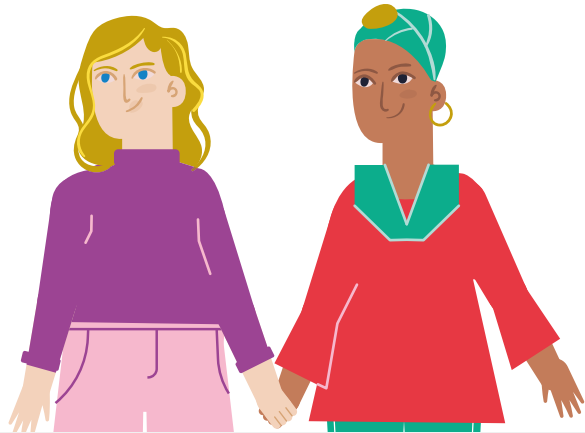


Violence is a closed path.

Report without fear. No matter your legal situation.

The law protects you: we listen to you and speak your language.

Life goes on and you deserve better. There are resources for supporting and accompanying you.



We are friends, we fight together

Violence takes many forms. Words also hurt.

Culture should not justify violence and no religion allows it.



You are strong and you are valid

Don't feel guilty. Your well-being comes first.

Let us help you.

