

The neighborhood is organized through the Xarxa Supor Mutu del Raval, you can sign up to the Telegram channel. If you do not have the application, at Metzineres we provide you the contact.

Metzineres (15h-20h)  
c/ Vistalegre 24, Raval,  
936398589  
metzineres@metzineres.org



#### FIGHT AGAINST RACISM And STIGMA

Discrimination has augmented with the emergence of COVID-19, in particular to people of Asian origin. It is fundamental to combat racism.

If you see somebody with symptoms pass him/her our advice and don't let stigma rule you!



#### SORORITY AND MENTAL HEALTH

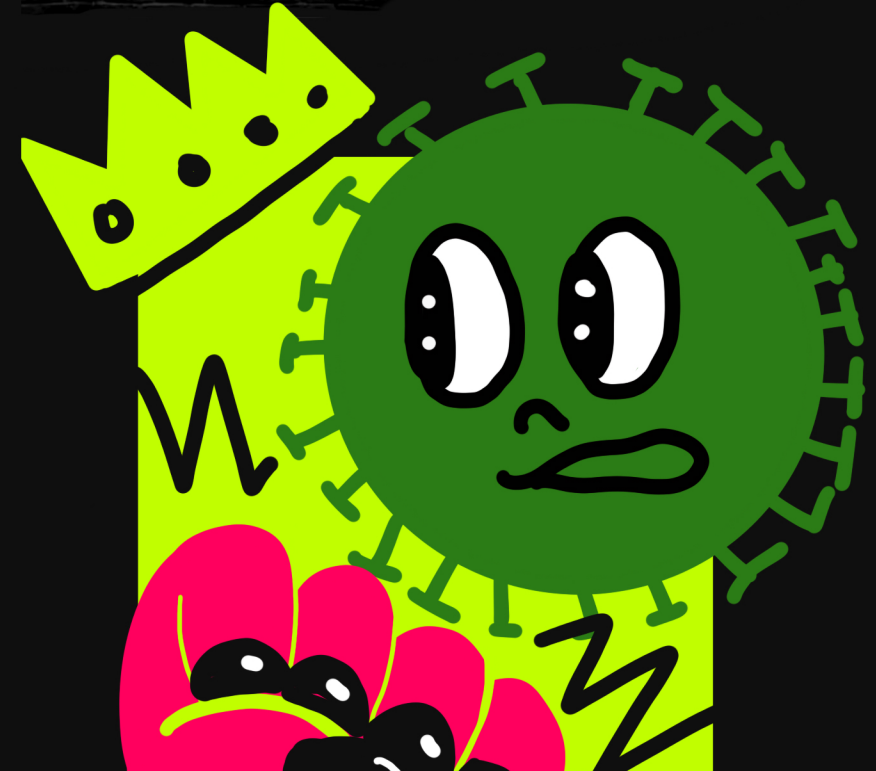
Do not forget to listen to yourself: anxiety and stress, at times like these, are normal, put them in perspective and maintain your social contacts: by telephone, with your street partners or with your neighbors. We survive with empathy, solidarity and mutual support.



#### RESOURCES FOR VIOLENCE SURVIVORS CONTINUE OPEN!

Now that some services are shut down you may feel more unprotected. If you are confined, it's possible that you spend more time than you wish with somebody that you aren't comfortable with. If possible keep bonds with trustworthy relationships through telephone or social networks. If you feel in danger talk with friends.

If you suffer male chauvinistic assault, homophobia or transphobia or if you know of somebody that is experiencing gender violence – bullying or sexual violence, among others, do not hesitate to make contact with the specialized services



**AT METZIS WE  
DON'T WANT  
CROWN**

**COVID19**