

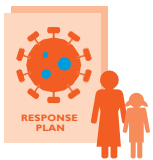
VIOLENCE AGAINST WOMEN AND GIRLS AND COVID-19 MESSAGES

DEVELOPED WITH SPOTLIGHT TIMOR-LESTE CIVIL SOCIETY REFERENCE GROUP

ESSENTIAL SERVICES



We hope that homes can be a safe place for women and girls as they **#stayhome** to slow the spread of **#coronavirus**. If you do not feel safe, Uma Mahon, Fatin Hakmatek, counselling and information is still available and ready to help you. For further assistance, please contact MSSI at 3310501/3310219 or Fatin Hakmatek at 77254597/78041671. To access all the available referral number, click here: <https://hamahon.tl/>



Services for violence against women and girls is life-saving and must be part of any **#COVID19** response plan.



The **#Covid19** crisis is generating high stress levels, leading to an increase in domestic violence worldwide.



Around the world, the **@SpotlightInitiative**'s teams are working around the clock with governments, civil society organizations and communities to integrate gender-based violence mitigation measures in national response plans to tackle the **#coronavirus** and to better protect women and girls.

MANAGING TENSIONS AND STRESS IN HOUSEHOLDS



It is normal to be feeling sad, stressed, confused, anxious and scared. You are not alone.

Here are things you can do to keep you and your family happy while you are staying at home:



Take time to laugh, play and connect with your support network



Eat healthy food and try to cook something new



Find ways to exercise or move your body

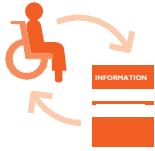


Step outside and breathe fresh air



Stay offline from news and social media at least 1 hour before sleeping

PEOPLE WITH DISABILITIES AND OTHER VULNERABLE GROUPS



People with disabilities have important health needs and they and their families are often isolated. Now more than ever, we need to make information accessible to persons with disabilities so that they can live well.



People with disabilities have rights just like anyone else – how can we promote access to health care and support especially during times of crisis such as this?



COVID is more dangerous for people with disabilities, older people and people with illnesses. We all have a role to support our friends and family at risk and to keep them safe.

OTHER VULNERABLE GROUPS



COVID does not discriminate – but the impacts of COVID-19 are more significant for people who experience discrimination. With words and actions we can show our solidarity and caring and get through this situation together.



Iniciativa
Spotlight
Atu elimina violência
Contra todo o abuso sexual

