

CORONAVIRUS DISEASE (COVID-19) DOMESTIC VIOLENCE AWARENESS

1 in 3 women in the U.S. has been a victim of domestic violence, regardless of age, economic status, race, ethnicity, or sexual orientation. Since the outbreak of COVID-19 in the U.S., that number is unfortunately increasing. The sudden and drastic lifestyle changes due to COVID-19 can create challenges that easily lead to feeling frustrated and angry. When tempers boil over, tensions between people can quickly manifest as aggressive behaviors and physical confrontations. **Additionally, the pressures the COVID-19 outbreak can have on individuals may aggravate preexisting conflicts, amplifying their effects in ways that magnify their frequency and intensity.**

Living during the outbreak in a home where aggressive or violent behaviors exist or have begun to manifest can add to the stress and anxiety many are already struggling to manage. No one should have to live with the fear of a spouse, partner, family member, friend, or roommate physically harming you or someone else in the home.

If you are concerned that you may be in an escalating or already violent situation, or know someone that is – remember emergency assistance is available. These resources can help you better understand what is happening and what steps you can take to find a resolution without creating additional conflict.

If you are experiencing an emergency, please call 911. You can call 911 from absolutely any phone that has a charge. Cell phones that don't have minutes or an action plan can even call 911. Pay phones (if you can find any around anymore) will all call 911. If you believe that you or someone else is in imminent danger - 911 could be the best place to call, and they can get to you quickly.

DOMESTIC VIOLENCE RESOURCES

WARNING SIGNS

English: <https://www.womenshealth.gov/relationships-and-safety/signs-abuse>

Spanish: <https://www.cdc.gov/cdctv/spanish/recursos-sobre-violencia/partner-violence.html>

SAFETY PLAN

<https://www.thehotline.org/create-a-safety-plan>

HOW TO HELP

<https://www.womenshealth.gov/relationships-and-safety/get-help/how-help-friend>

VIDEO - WHAT IS INTIMATE PARTNER VIOLENCE?

English: <https://youtu.be/VuMCzU54334>

Spanish: <https://youtu.be/ZTm0tmodKN0>

NATIONAL DOMESTIC VIOLENCE HOTLINE

800.799.7233

800.799.3227 (TTY)

www.thehotline.org/is-this-abuse

Afraid to talk on the phone - live chat available

www.thehotline.org/what-is-live-chat

Or text LOVEIS to 22522

