Tips for helping a friend experiencing domestic abuse during COVID-19.

Ask them how they would prefer to connect
"How would you prefer we connect?"

Stay in touch and be creative
"Let's have a call with the kids?" or,
"Let's play a game online."

Be supportive and believe in them
"You are not alone. I care about you, and I'm here for you, no matter what."

Help them think through how to stay safe
"Let's develop a safety plan."

Help them find a local domestic violence helpline
"Here is the contact information for that grocery store I told you about."

GET HELP DURING COVID-19
File a 209A Restraining Order: 1-978-369-0500
National Domestic Violence Hotline: 1-800-799-SAFE(7233)
Domestic Violence Services Network (DVSN) Hotline: 1-888-399-6111
CALL 911 if you can, TEXT 911 if you can’t