

Information Provided By:



<https://www.futureswithoutviolence.org/get-updates-information-covid-19/>

Help for Survivors, Communities and DV/SA Programs

People who are surviving violence in their relationships and families may be experiencing increased isolation and danger caused by social distancing measures during the Coronavirus pandemic. Survivors often have specific needs around safety, health and confidentiality. We also realize that people who are already more vulnerable to economic and health insecurity are facing additional challenges during this unprecedented time. We have compiled resources and tools for more vulnerable members of our communities and care providers, who are working tirelessly to respond in ways that are safe and supportive for all.

Safety Plans and Self-Care:

- [Staying Safe During COVID-19](#) from the National Domestic Violence Hotline.
- [Mantenerse segurx durante COVID-19 – La Línea Nacional Contra la Violencia Doméstica](#)
- [myPlan App](#) – a tool to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship
- [Mutual Aid & Restorative Justice Online Check-in Circles](#)
- [Safer Drug Use During The Covid19 Outbreak](#) by the Harm Reduction Coalition
- [COVID-19 guidance for people experiencing homelessness without shelter](#) from Multnomah County
- [What do older adults and people with disabilities need to know?](#) from the Administration for Community Living
- [COVID-19 information in many languages](#)
- [Resources for Undocumented People/ Recursos Para Personas Indocumentadas Coronavirus](#) (some CA specific info)
- [Frequently Asked Questions Involving Courts and COVID-19 / Preguntas Frecuentes sobre las Cortes y el COVID-19](#) from the WomensLaw.org
- [Telehealth Can Be a Lifeline for Survivors of Intimate Partner Violence/Domestic Violence Like Me](#) from the Positive Women's Network
- [Self Care During Covid-19 Activity Book](#) from the Arizona Coalition to End Sexual and Domestic Violence

Resources for Survivors:

If you are in immediate danger, call 911.

Remember that you are not alone and supports remain available to you:

PRESCOTT/PRESCOTT VALLEY

- ❖ Stepping Stones 24/7 Helpline: **928.445.HOPE (445.4673)**
<https://steppingstonesaz.org/>

VERDE VALLEY

- ❖ Verde Valley Sanctuary 24/7 Help Line: **(928) 634-2511**
<https://verdevalleysanctuary.org/>

YAVAPAI FAMILY ADVOCACY CENTER (928) 775-0669

<https://yfac.org/local-resources/>

- The National Domestic Violence Hotline is 24/7, confidential and free: **1-800-799-7233** and through [chat](#).
- The National Sexual Assault Hotline is 24/7, confidential and free: **800.656.HOPE (4673)** and through [chat](#).
- The [StrongHearts Native Helpline](#) for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: **1-844-762-8483**
- The [Trans LifeLine](#) for peer support for trans folks 9am-3am CT: **1-877-565-8860** *This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.*
- The [Deaf Hotline](#) is available 24/7 through video phone (**1-855-812-1001**), [email](#) and chat for Deaf, DeafBlind, DeafDisabled survivors.
- [National Parent Helpline](#) Monday -Friday 12pm-9am CT emotional support and advocacy for parents: **1-855-2736**

[Sheltering in Place](#) recommendations or restrictions may create additional difficulties and risks for survivors. If authorities call for “shelter in place” in your area, are there other friends or family you could stay with during this time? Consider reaching out to these people to make a plan:

- Consider reaching out to a trusted friend, co-worker, or family member who could check in with you about your safety and support needs. If you need help identifying support people in your life, take a look at the [pod mapping worksheet](#) from the Bay Area Transformative Justice Collective.
- Are you connected with close friends or family members of the person who is hurting you? Are they aware of what is happening or are they a safe person to reach out to? Consider connecting with them now in case you need someone to help you in an emergency.

You will find information about the CARES Act and Support for Working Families [here](#).

Safety Plans and Self-Care:

- [Staying Safe During COVID-19](#) from the National Domestic Violence Hotline.
- [Mantenerse seguros durante COVID-19 – La Línea Nacional Contra la Violencia Doméstica](#)
- [myPlan App](#) – a tool to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship
- [Mutual Aid & Restorative Justice Online Check-in Circles](#)
- [Safer Drug Use During The Covid19 Outbreak](#) by the Harm Reduction Coalition
- [COVID-19 guidance for people experiencing homelessness without shelter](#) from Multnomah County
- [What do older adults and people with disabilities need to know?](#) from the Administration for Community Living
- [COVID-19 information in many languages](#)
- [Resources for Undocumented People/ Recursos Para Personas Indocumentadas Coronavirus](#) (some CA specific info)
- [Frequently Asked Questions Involving Courts and COVID-19 / Preguntas Frecuentes sobre las Cortes y el COVID-19](#) from the WomensLaw.org
- [Telehealth Can Be a Lifeline for Survivors of Intimate Partner Violence/Domestic Violence Like Me](#) from the Positive Women’s Network
- [Self Care During Covid-19 Activity Book](#) from the Arizona Coalition to End Sexual and Domestic Violence