

COVID-19 Resources for Domestic Violence Survivors and Service Providers

How COVID-19 May Impact People Who Are Survivors of Domestic Abuse

- Stress may increase instances of physical and emotional violence during isolation
- Shelter in place restrictions may make getting away from an abuser safely even more difficult
- Abusers may withhold necessary items, such as disinfectants or insurance cards
- Escape plans of survivors may be impacted by travel restrictions
- Shelters may be full or have stopped intakes during this time

Tips for Domestic Violence Survivors and Those Who Love Them

- Create a safety plan
resources: "[Path to Safety](#)" and "[Interactive guide to safety planning](#)"
- Because shelter availability may be limited right now, consider if there are family and friends with whom you can stay, or if you can take shelter in a hotel or in your vehicle.
- Let trusted friends and family members know of your situation.
- Decide on several credible reasons you may need to leave your home during the day or at night.
- Identify the most safe places in your home (no weapons and a way to escape).
- Teach your children how to get help and to not interfere in violence between you and your partner.
- Practice self-care as much as possible.
For ideas see: "[The Importance of Self-Care](#)".
- Stick to your routines as much as possible.
- Stay connected to friends and family via phone or online if you are able.

Pastoral Considerations with Domestic Violence Survivors

- **Familiarize yourself** with local, state and national resources for survivors, and know whether or not shelters in your area are open at this time
- **Use non-stigmatizing language** when talking about people who have been abused ("survivor" instead of "victim" and "person living with an abuser" instead of "abused woman/child/person").
- **Include explicit mention of survivors of domestic violence** in your prayers.
- **Check in regularly** on those for whom you are concerned. This can be a lifeline to safety and sanity for many who are sheltering in place with an abusive person.
- **Care for yourself.** Providing spiritual care for folks in these situations can be stressful, especially when regularly available resources are limited or closed.
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Resources for Survivors of Domestic Abuse:

- The National Domestic Violence Hotline (24/7): www.thehotline.org Includes online chat feature. **1-800-799-7233**
- [Staying Safe During COVID-19](#)
- [Interactive Guide to Safety Planning](#)
- [Information on COVID-19 for Survivors, Communities, and Domestic Violence/Sexual Assault Programs](#) (includes resources in Spanish, resources for folks in Native American communities, resources for those who are deaf or hard of hearing, trans folks, and more.
- The National Sexual Assault Hotline (24/7): www.hotline.rainn.org 800.656.HOPE (4673)
- [Pod mapping tool](#) to identify supportive people in your life who may be able to help

Sources:

National Domestic Violence Hotline (www.thehotline.org)

Futures without Violence (www.futureswithoutviolence.org)

[Domestic violence advocates: more people are calling help hotlines amid COVID-19 pandemic.](#)