

Domestic Violence During COVID-19

How does COVID-19 increase risk of violence against women?

- Loss of income, stress and decreased access to services increases risk of violence against women.
- As people are staying at home, the risk of intimate partner violence is likely to increase.
- Women have less contact with family and friends who may provide support and help.
- It is OK to ask for help. Women need to know violence against them is not their fault.

Home is not a safe place for me. What can I do?



Reach out to family and friends for support.

Seek help from numerous resources available online including shelters and counselling.

Make a safety plan – identify who will help you, have a plan for how you will exit the house safely and keep a few essential items packed and ready.

Who can help me when I need medical attention because of violence?



Call for an ambulance in case of emergencies.

Contact specialized services such as domestic violence and sexual assault services that are available in your community.

How can I help someone am I worried about?



Keep in touch with the person you are worried about and try to ensure it is safe for them to contact you.

Find discrete ways to connect with them when they are at home so that they are not placed at more risk.

Offer resources. Call the MN Day one Crisis Hotline **1-866-223-111** to talk to someone.

Resources If You Would Like to Talk to Someone

MN Day One – <https://dayoneservices.org/> Hotline: **1-866-223-1111**



- Connects people to service agencies that support people going through domestic violence, sexual assault and human trafficking.
- Answers calls, texts and chat messages.
- On initial call, people can ask for help in preferred language and will be connected to programs that offer different languages.

St Stephen's Human Services/ Overnight Shelter – Hotline: **(612) 874-0311**

Union Gospel Mission Shelter – Hotline: **651-228-1800**

Sources:

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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