

LifeSolutions

Staying safe

*Intimate partner violence
during COVID-19*



The stay-at-home orders given by various local governments are meant to protect our communities from the rapidly spreading novel coronavirus, COVID-19.

Those living with an abuser face an increased risk of abusive incidents during this time as government-imposed restrictions make it more difficult to get out or get help. Luckily, there are still measures you can take to protect yourself and your loved ones from intimate partner violence.

Make a plan.

If you feel unsafe in your own home, making a plan can help. To get started, ask yourself:

- 1. What** do I need to bring with me should I decide to leave?
- 2. Who** else needs to come with me? Who needs to know where I am?
- 3. Where** will I go?
- 4. How** will I handle things once I've left?

For a more in-depth guide to planning, visit loveisrespect.org on a computer that you know is safe and follow this path:

**Get Help > For Yourself > Safety Planning >
Interactive Safety Plan**

Reach out for help.

It may feel like no one can support you in your current situation, but there are organizations and tools created to help. All of the resources listed to the right are still available and operating despite the pandemic.

RUSafe: This free mobile app will assess your risk through a short questionnaire and connect you with local resources if you feel threatened in your living situation.

The National Domestic Violence Hotline: This free service is designed to counsel those who are feeling unsafe with their partners or other family members. Representatives are available 24/7 at **1-800-799-SAFE (7233)**. You can also visit its website on a safe computer at thehotline.org/help for resource guides and other information that may help at-risk individuals.

loveisrespect: This website compiles resources for young people in abusive situations. Visit it on a safe computer at loveisrespect.org, or text "LOVEIS" to **225522**.

LifeSolutions employee assistance program (EAP) is committed to helping you feel safe during this uncertain time—in your home, community, and workplace. EAP services are private and confidential. We're available 24/7 and can provide support to you and members of your household at no cost. Call or email us to ask questions or schedule an appointment.

To access information and resources on partner violence, visit the Work-Life section of our website. Go to lifesolutionsforyou.com, log in, and enter your company code.

**lifesolutionsforyou.com
1-844-833-0527 (TTY: 711)**