

DOMESTIC VIOLENCE

COVID-19



YOU ARE NOT ALONE-HELP IS AVAILABLE!

Some facts:



- 1 in 5 women and 1 in 7 men report having experienced **severe** physical violence from an intimate partner in their lifetime.

National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2015.

Domestic Violence (DV), also called Intimate Partner Violence (IPV), occurs between people in an intimate relationship. DV can take many forms, including emotional, sexual and physical abuse and threats of abuse.

Abusive relationships always involve an imbalance of power and control. An abuser uses intimidating, hurtful words and behaviors to control his or her partner.

Lock-down conditions can make things worse for survivors of abuse. The fears and uncertainties, stress & financial concerns linked to COVID-19, may trigger an abuser. The current crisis also makes it more difficult for victims to seek help and safety.

Domestic Abuse during COVID-19



Unique COVID-19 related DV tactics:

- Threatens to infect you with COVID-19 or accuses you of trying to infect him/her
- Withholds hand sanitizer, masks & disinfectants
- Prevents you from getting medical attention
- Withholds money, food, insurance cards...
- Prevents you from going to work
- Increases isolation tactics
- Abuses substances to cope
- Engages in additional emotional abuse, including manipulation that makes you question your own reality.

National Domestic Violence Hotline, 2020

Tips on staying safe during COVID-19



Create a safety plan:

Whether you are living in an abusive relationship, thinking about leaving an abusive relationship, or have already left an abusive relationship, there are a number of ways in which to increase your safety.

Safety plans are personalized plans that include ideas on how to stay safe in an abusive relationship. For help creating a safety plan, contact an EAP counselor or take advantage of Safe Horizon:

<https://www.safehorizon.org/our-services/safety-plan/>



Stay in touch with friends & family:

It's important to maintain a support system during this difficult time. Use text messaging, FaceTime, social media, email, or other online options to communicate with family & friends.

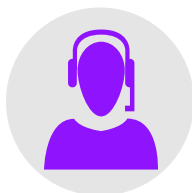


Practice Self-Care:

Identify ways to care for yourself while staying safe...

- **Reach out to an EAP counselor for support**
- Take time for yourself...read, listen to music, meditate, download the free UCLA Mindful app-
<https://www.uclahealth.org/marc/mindful-meditations>
- Watch an EAP stress relief video:
<https://vimeo.com/showcase/6975351>
- Eat regular healthy balanced meals
- Get adequate sleep and rest
- Fulfill your spiritual needs

Reach out for **HELP!**



National Domestic Violence Hotline

Highly-trained advocates available to talk with anyone experiencing DV, seeking resources or questioning unhealthy aspects of a relationship. Free and confidential phone and live chat services are available 24/7. www.ndvh.org

Chat: thehotline.org/help/
Call: 1-800-799-7233 (SAFE)



National Dating Abuse Helpline

Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. Free and confidential phone, live chat and texting services are available 24/7.

Chat: www.loveisrespect.org
Text: LOVEIS to 22522*
Call: 1-866-331-9474