Being at home can be dangerous and stressful if you are living in an abusive household. Here is a collection of some online resources that may be of interest.

For a wider range of resources, please visit www.covid19taskforcedv.org.

### Identifying Abuse
Determining whether you are in an abusive household is not always easy. Here are guidelines to recognize signs of an abusive relationship by helpguide.org: common warning signs of domestic abuse by Abuse Intervention and info on profiling abusers by Domesticshelters.org.

### Resources for Survivors
If you are currently living in an abusive relationship, you are not alone. Here are several resources that may be of use:

- The COVID-19 pandemic is a stressful time for everyone, here are some safety tips for survivors during COVID-19 by Sanctuary for Families and other resources if you are locked down with someone who may become violent by Psychology Today
- If you need help or feel threatened call or text National Domestic Violence hotline and chatroom at 1-800-799-SAFE (7233) or National Sexual Assault hotline 800-656-HOPE (4673)
- Video chat available for hearing impaired survivors at 1-855-812-1001 at the National Domestic Violence hotline
- If you are in distress contact National Suicide Prevention Lifeline at 1-800-273-8255 (En Español: 1-888-628-9454)
- If you need to find a domestic shelter near your location here is a search tool for easy access
- The National Domestic Violence gives tips on how to make a safety plan while in a relationship, when planning to leave or after leaving
- Here is a search tool for general state laws regarding domestic violence by RAINN
- If you are a non-US citizen here is some information on legal rights of immigrants survivors
- "Pop-up clinic" by Seattle University School of Law to help survivors fill out legal forms to obtain protection orders online
- The Campus Violence Legal Connection (CVLC) provides free and confidential legal advice for campus survivors of sexual assault and domestic violence. Contact at 518-436-1770 or by email cvlc@legalproject.org
- Technology safety tips for domestic violence and sexual abuse survivors

You can find more information on domestic violence at www.covid19taskforce.org/for-survivors.

### Resources for Allies
If you are concerned that a friend or family member is in an abusive relationship, here is a list of websites that you may find helpful:

- Resource (En Español) for if you’re concerned about a friend, family member, or coworker (National Domestic Violence Hotline)
- How to support a loved one (En Español) or friend (En Español) experiencing domestic violence during COVID-19 (Futures Without Violence, NNEDV)
- More general guidance here, here, here (En Español), and here on how to support survivors (No More campaign, RAINN, dayone, National Domestic Violence Hotline)
- Supporting elder survivors or LGBTQ survivors (NCALL, VAWnet)
- If a loved one is experiencing domestic violence it can be a lot to process. Here are some recommended self-care tips for friends and family members of survivors.
- Advocacy for survivors of domestic violence can be especially hard during COVID-19. Here is a collection of self-care tips for advocates.

You can find more information on domestic violence at www.covid19taskforce.org/for-allies.