

# Interpersonal Violence and COVID-19: What you should know.



## What if “Staying at Home” does not feel like shelter?

The COVID-19 virus is frightening, and Illinois’ “Stay at Home” order means having little in-person contact with friends, family, or co-workers. Stress and isolation can make existing tensions in a relationship worse. If you are concerned about your safety because someone in your home scares or hurts you, you are not alone. There may be actions you can take to keep you and your children safer:

- Are there people outside of your home who you can ask to check on you? Can you ask them to keep calling back if you do not answer your phone or respond to a text message?
- If it is safe to do so, try to maintain as much of your daily routine as you can, including keeping social connections over the phone or internet.
- Consider making a **safety plan** that lists what you can do while the Stay at Home order is in effect. This includes finding a place to go in the house where there are no weapons if a fight happens.
- There are people you can call if you need help. **The National Domestic Violence Hotline (1-800-799-7233)** and the **Illinois Domestic Violence Hotline (1-877-863-6338)** are available 24/7.
- A stay-at-home order does not mean you should remain in your house if your safety is threatened. **If this is the case and you are able to**, leave and call 911 or one of the hotlines listed on this sheet.



## What do I do if I am worried about a friend?

Times of stress are trying on any relationship, and violence or abuse may escalate during these times of stress. Combined with the possible loss of a job and fears of getting sick, orders to stay at home can leave people in abusive relationships more isolated and unsafe than ever.

- It is likely that survivors and their children are feeling frightened and isolated, especially now. Reach out – ask them how they are doing, how their kids are, and if they are okay. Help them to not feel alone.
- If they are staying in a place with the abuser, they may not be able to answer questions directly. Ask if it is okay to talk, or if there is a better time to connect.
- It’s possible that their partner is using the fear of getting sick to keep them trapped or telling them that they will be arrested if they leave the house. Assure them that if they are in immediate danger, help is available.
- Staying connected with someone who is in an abusive relationship can be challenging under the best circumstances; it is likely to feel more difficult now. Know that there are **resources for YOU, too**.

# Resources

## National:

- Go to [futureswithoutviolence.org](https://futureswithoutviolence.org) for a resource list with information on COVID-19 for survivors, communities, and programs.  
**Your Life Your Voice National Hotline:** Youth can text **VOICE to 20121** noon-midnight, or call **1-800-448-3000** 24/7 if you have thoughts of harming yourself or you are being abused
- **National Domestic Violence Hotline**
  - o 24/7, confidential and free: **1-800-799-7233** and through chat at [www.thehotline.org](https://www.thehotline.org)
  - o You can chat with someone by **texting LOVEIS to 22522**– but only if you know your phone or computer is not monitored
  - o This site also has resources for creating a safety plan
- The **StrongHearts Native Helpline** for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: **1-844-762-8483**.
- The National Sexual Assault Hotline is 24/7, confidential and free: **800-656-HOPE (4673)** and **through chat** ([hotline.rainn.org](https://hotline.rainn.org)).
- The **Trans LifeLine** for peer support for trans folks 9am-3am CT: **1-877-565-8860**. *This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.*
- **National Parent Helpline** Monday -Friday 12pm-9am CT emotional support and advocacy for parents:**1-855-427-2736**
- Washington State Coalition Against Domestic Violence and **Friends and Family Guide** and **Supporting Someone Experiencing Abuse** webpage

## Local (Chicagoland Area):

- **Illinois Coalition Against Domestic Violence** can help you find your nearest service provider on their website
  - o The **Illinois Domestic Violence hotline** is still open and can be used for crisis intervention, information, and referrals for survivors and concerned loved ones. Visit [chi.gov/dvhelp](https://chi.gov/dvhelp) or call or text **1-877-863-6338**. Support is available in 100 different languages 24/7.  
Apna Ghar hotline: **773-334-4663** OR **800-717-0757**; Text hotline: **773-899-1041**  
Between Friends Chicago- 24/7 hotline: **1-800-603-4357**  
Center on Halsted (LGBTQ)- Hotline: **773-871-CARE (2273)** or email [avp@centeronhalsted.org](mailto:avp@centeronhalsted.org)
  - o The Anti-Violence Resource line is staffed from 9AM-5PM Monday through Friday. People are welcome to leave a voicemail and someone from the team will give them a call back ASAP. Walk-in Sessions are currently suspended.
- Connections for Women Abused and Their Children Hotline: **773-278-4566**
- Family Rescue- South Side 24/7 hotline **773-375-8400** or **800-360-6619**
- Mujeres Latinas en Acción 24/7 IPV hotline: **312-738-5358**; 24/7 Rape hotline: **888-293-2080**
- For more resources near you, go to the UIC School of Public Health's Resource Hub at [publichealth.uic.edu/covid-19-response/covid-19-resources/](https://publichealth.uic.edu/covid-19-response/covid-19-resources/)

