

# Resources & Tools for Victims/ Survivors of Violence During COVID-19



## Are you or someone you care about a victim/survivor of violence and being impacted by COVID-19?

We want you to know that you are *not* alone. MNCASA is still here for you and so are many local sexual and domestic violence programs and services across Minnesota.

We know that emergency situations always have a unique impact on victims/survivors of violence and this current public health crisis is no different. We and our member programs are here to support you and help mitigate the impact of COVID-19. If you or someone you care about are experiencing violence, please use this list of resources to find support and tools.

## Find Your Local Sexual and/or Domestic Violence Advocacy Organization

1. Rape Help MN will help you find local sexual violence advocacy services based on your address.

- <http://rapehelpmn.org/>

2. Minnesota DayOne can assist you in accessing support if you are experiencing domestic violence.

- Call: 1-866-223-1111
- Text: 612-399-9995

## Hotlines & General Support

These hotlines and chats are free and confidential. Both the National Sexual Assault Hotline and National Domestic Violence Hotline are available 24/7 for calls as well as chats.

1. The National Sexual Assault Hotline

- Call 800.656.HOPE (4673) and be automatically connected to your closest rape crisis center.

2. The National Domestic Violence Hotline

- 1-800-799-7233
- <https://www.thehotline.org>

3. The StrongHearts Native Helpline for domestic/sexual violence.

- Call: 1-844-762-8483

4. The Trans LifeLine for peer support for trans folks

- 1-877-565-8860

5. RAINN's website has many helpful tools and resources for victims of sexual violence.

- <https://hotline.rainn.org/online>

6. Loveisrespect.org has highly-trained advocates who can 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 24/7/365
- Chat at [www.loveisrespect.org](http://www.loveisrespect.org)
- Text LOVEIS to 22522\*
- Call 1-866-331-9474

## Free Wi-Fi

It's crucial to have a reliable way to access help and support. If you need internet access and Comcast is a provider in your area, you may qualify for 2 months of free access.

1. <https://www.internetessentials.com/covid19>

## Creating A Safety Plan

It's important to have a safety plan to reduce the risk of harm in unsafe situations, particularly as COVID-19 may increase risk factors for violence, such as anxiety, isolation, and financial stress.

1. <https://sanctuaryforfamilies.org/safety-planning-covid19/>
2. <https://www.workplacesrespond.org/page/coronavirus/>

## Finding Local Shelter

If home isn't safe, it's important to know where you can safely go for shelter during COVID-19. For Minnesotans in need of local shelter or support, visit:

1. <https://rapehelpmn.org/>
2. <https://dayoneservices.org/shelters-support/>

## Mental Health Support

This is a stressful time. Self-care and mental health are crucial for you or your loved one during this crisis.

1. <https://mhanational.org/covid19>

2. <https://calgaryherald.com/opinion/columnists/corbella-how-to-stay-mentally-healthy-through-covid-19-quarantines/>

3. <https://www.mindfulleader.org/blog/37632-how-to-take-care-of-your-health-and-well>

4. <https://www.kqed.org/arts/13876619/self-care-tips-to-get-you-through-the-new-coronavirus-normal>

### Workplace Leave

Knowing what support exists and being able to take a leave from your workplace can make it easier to leave an unsafe situation.

1. <https://www.workplacesrespond.org/page/coronavirus/>

### Getting A Protection Order

You can still access a protection order, and you can even file it electronically from home. Here's where to start:

1. <https://www.lawhelpmn.org/self-help-library/booklet/orders-protection-and-harassment-restraining-orders>

2. <http://www.mncourts.gov/Help-Topics/Domestic-Abuse-and-Harassment.aspx>

### Getting A Medical Forensic Sexual Assault Exam

You can still access a sexual assault exam at your local hospital. Advocacy service provision may vary county county and some services may be available remotely.

**This is a very difficult time and we know that many of you feel isolated and unsupported. Please know that help still exists and you are not alone.**