

STAY SAFE AT HOME: TIPS FOR VICTIMS OF DOMESTIC VIOLENCE

With the pandemic and added stressors, "calls to LA County's domestic violence hotline saw a significant increase in 2020."



If you need support, the National Domestic Violence Hotline is available 24/7 at 1-800-799-7233, TTY 1-800-787-3224 or thehotline.org, or by texting LOVEIS to 22522.

Some ways to stay safe, from the Rape, Abuse & Incest National Network (RAINN) and the National Domestic Violence Hotline:

Create a safety plan. A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after leaving. [Learn more here](#) and [here](#).

Consider alternative places of shelter, such as a family or friends home or a motel, or sleeping in your vehicle.

Try to maintain social connections online or over the phone, if it is safe to do so, and try to stick to your daily routines as much as possible.

Make a list of supportive people and have regular check-ins via phone or video chat.

Take breaks outside, keeping social distancing (stay at least 6 feet away from others as much as possible) in mind.

Consider what places in your home are easy to get in and out of during a conflict.

Create a code word to share with your support network to indicate when you need immediate help.

Make and hide an 'escape bag' with your important documents, medicine, keys, and other items.

Practice self-care. Be gentle with yourself