



There's been a spike in domestic abuse incidents since the Covid-19 crisis began. Coupled with the increased stressors of the stay-at-home order, abusers have greater ability to control their victims, and victims have no place to go. SHALVA staff, therapists and attorneys are working non-stop to provide free, remote-access, culturally sensitive, trauma informed counselling and supportive services. We're launching exciting new interactive Facebook and other virtual programming. Please follow us on **Facebook @shalvachicago** to learn more!

In the meantime, if you suspect a friend, neighbor or colleague might be in an abusive relationship and it is safe to do so, reach out to offer support. Here are some tips:

- Talk with them privately, which can be difficult during these sheltering-in-place days. Suggest they go for a walk or drive to gain privacy or call you back.
- Let them know you're concerned about them and explain why.
- Be specific—you may be the first person who's ever brought this up.
- Ask if they're concerned too. Ask if they're afraid for their or their children's safety.
- **Respect their choices** even if you don't agree with them. Don't judge what they've already done or not done.
- Listen to them, believe them, and keep it confidential.
- Explain that there's resources to help, including **SHALVA: 773.583.HOPE (4673)**.
- For more information about domestic abuse or more advice about how to help someone who might be experiencing it, please go to our new updated **website, shalvacares.org**.