In times of stress, people may have difficulty making decisions and processing information. Patience and understanding when working with people under stress is the key to a successful interaction. During this time you can give hope and relief to those you serve by showing them kindness and compassion.

Sexual violence disproportionately impacts vulnerable people. Some of the vulnerable populations within your community are the houseless population, the LGBTQ+ communities, non or limited English speakers, and undocumented communities. Due to the widespread effect and risks of COVID-19, it is yet another severe vulnerability factor that people are facing.

Many survivors are losing access to support. That may be mental health support and medication, AA/NA, safe communities/friends. Many people will be losing their income and access to other resources they depend on to survive. Use hotline or remote advocacy services that are available for survivors.

Isolation is a tool that is often used by people who abuse others. Forced isolation may increase risk of perpetration. Youth may lose access to safe adults. Healthy and safe relationships are often the most powerful intervention. Access to healthy and safe relationships are at risk, particularly due to quarantine or stay home requirements, amidst the necessary COVID-19 response. The choice to leave is difficult under the best circumstances, COVID-19 makes it much more challenging.

Jails, courts, and other systems that promote safety are experiencing limitations. Talk to your local advocacy provider about remote advocacy services for safety planning. Utilize national hotlines like the National Domestic Violence Hotline and RAINN (see resources on the back) and local victim service providers remotely.

Officer safety is crucial for overall community safety. Those who seek services through the criminal justice system at this time are likely to be experiencing desperation, high anxiety, stress, and have few resources. Call upon your community partners to provide crisis intervention and support.

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NATIONAL RESOURCES

It is important for you to also know the local sexual and domestic violence resources in your area.

RAPE INCEST ABUSE NATIONAL NETWORK (RAINN)
24/7 Confidential Support for survivors of sexual violence
1-800-656-4673

NATIONAL DOMESTIC VIOLENCE HOTLINE
24/7 Confidential Support for survivors of domestic violence
1-800-799-7233

STRONGHEARTS NATIVE HELPLINE
Confidential Support for domestic and sexual violence American Indians and Alaska Natives, offering culturally-appropriate support daily from 5 a.m. to 8 p.m.
1-844-7NATIVE (762-8483)

NATIONAL HUMAN TRAFFICKING HOTLINE
24/7 Confidential Support
1-888-373-7888 and through text SMS: 233733 (Text "Help" or "Info")

TRANS LIFELINE
A trans-led organization that connects trans people to support and resources.
1-877-565-8860 7am-1am

SUICIDE PREVENTION LIFELINE
24/7 Confidential Support
1-800-273-8255