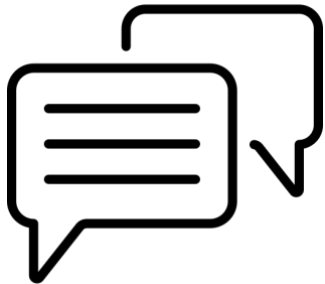


## **A COVID-19 Tip Sheet from C4DP:** *5 Ways You Can Help During Shelter-In-Place*



### **Special Considerations During COVID-19**

1. Isolation can be dangerous
2. Reaching out can be dangerous
3. Being confined in the same space with an abuser is threatening & dangerous



### **1. Offer Supportive Messages to Survivors**

“You are not alone.”  
“Others are dealing with similar issues at home.”  
“There is help for you 24/7”.



### **2. Open Survivor-Lead Communication Channels**

Start a conversation and offer support.

“How would you prefer we connect? Instant message? Email? Text?  
Chat within an online game?”



### 3. Connect Survivors to C4DP

“C4DP has a Textline that is safer for many survivors sheltering in place. Can I provide you with the number?”

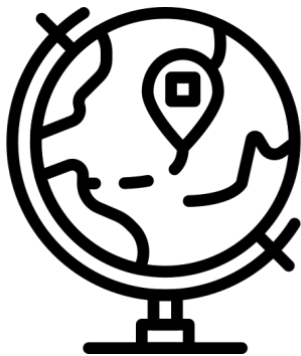
- **Textline:** 415-526-2557
- **Bilingual Hotline:** 415-924-6616
- **Therapy and Case Management:** 415-526-2553
- **ManKind/WomanKind:** 415-457-6760



### 4. Use Code Words and Symbols for Communicating

“With a code word, I will know you need help.”

- A. Multiple **Code Words** or symbols/emojis that will trigger:
  - i. A call from you to them to disrupt a situation
  - ii. A call from you to 911
  - iii. A call from you to someone who has agreed to help them (a friend, neighbor, or family member)
- B. **CAUTION:** Never leave a message referencing a persons’ safety or abuse. When abusers hear these messages, the victims are often hurt worse.



### 5. Suggest an Escape Strategy

“What about an escape strategy saying you need to go to the pharmacy or grocery store and, once there, asking to use the phone to call C4DP or 911 for help?”

- A. Some communities have established pharmacies or grocery stores as a place for survivors to be able to use a phone to call 911. The survivor provides a code word that lets an employee know they are in immediate danger.

#### Resources Consulted

- Nnedv.org
- Techsafety.org

***Together we will find ways to safely help each other!***