

# Always Ready to Help

Support and Resources for Families Experiencing Violence

*"There are people who are there for you, and will always be there. You are strong and you are brave. You are enough and you will always be enough. Just reach out to us. We are here, and we want to help you."*

—Domestic Violence Advocate

## The pandemic

has been difficult, especially for families experiencing violence and those working to support them. Stress from the COVID-19 pandemic affected many of our relationships, including those with our loved ones.



Everyone has the right to live their life safely and free from violence. Family violence, also known as domestic violence, is a serious, preventable problem that affects millions of people each year.

## You're Not Alone: Help is Available

Organizations serving families experiencing violence work tirelessly, to provide support and resources for those in need, even during the COVID-19 pandemic. These organizations can offer:



24-Hour help accessible online, by phone, and by text in multiple languages



Help with getting to appointments, filing police reports and protective orders, and safety planning



Resources for safe housing, childcare, and legal services



Education and outreach focusing on ending violence now and preventing it in the future



Support groups, workshops, and counseling



Financial assistance and support

## Here to Help You

Even if you're not sure what you need, you can talk to trusted friends and family members, people in your community, or reach out to a domestic violence or family support agency near you. We asked people who work with families experiencing violence if they had any messages for people in need. Here's what we heard:

*"Reach out to an advocacy agency, and let's look at possibilities. Let's talk about it and let someone help you. We want to help you."*

*"Your trauma is not who you are. You get to choose who you are."*

*"We are here for you, and we will always be here for you. It doesn't matter if there's a global pandemic, it doesn't matter if there's a fire or a flood, it doesn't matter if we've never met you before or if we've known you since we were kids. We are always here to help."*



## Ways Everyone Can Help

Do you know someone experiencing violence? Here are some ways you can help.



- 1 Reach out
- 2 Listen and let them know it is not their fault
- 3 Ask them how you can support them
- 4 Connect them with a family violence agency
- 5 Take care of yourself

To learn more about resources for families in need, visit <https://bit.ly/futurewithoutviolence>

National Domestic Violence Hotline | [www.thehotline.org](http://www.thehotline.org)  
Call: 1.800.799.SAFE (7233) | Text "START" to 88788



## Local Resources

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®



UPMC | CHILDREN'S  
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FUTURES  
WITHOUT VIOLENCE

University of  
Pittsburgh

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