Local Resources

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.

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:

“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.”

“Your trauma is not who you are. You get to choose who you are.”

“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.”

“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.”

Your family support agencies can offer:

- Support groups, workshops, and counseling
- Financial assistance and support
- Education and outreach focusing on ending violence and preventing it in the future
- Help with appointments, filing police reports and protective orders, and safety planning
- Resources for safe housing, childcare, and legal services
- 24-hour help accessible online, by phone, and text in multiple languages
- 24-hour help

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

1. Reach out
2. Ask them how you can support them
3. Get them with a family violence agency
4. Offer to drive them to appointments, file police reports and protective orders, and safety planning
5. Listen and let them know it is not their fault

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

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American Academy of Pediatrics

Support and Resources for Families Experiencing Violence

“Are there 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

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: