Hello students,

We have been directed to stay at home as much as possible in order to slow transmission of the novel coronavirus, and while many of us are able to do so safely, this situation could create increased isolation and danger for people in abusive relationships and families. With that in mind, below you’ll find a list of resources that can be helpful if you or someone you know needs help with an abusive relationship or family situation at this time.

- [This Vox article](#) provides a summary of the issue
- The National Domestic Violence Hotline is available via [phone or online chat](#) and also has a [resource page](#) dedicated to safety and self-care during the pandemic.
- Futures Without Violence has a roundup of [hotlines and safety planning resources](#)
- The Trevor Project provides [phone, text, and online chat support](#) for LGBTQ Youth
- The Gay Men’s Domestic Violence Project offers a [24-hour hotline](#)
- The Network/La Red offers a [24-hour hotline](#) for lesbian, gay, bisexual, queer and/or transgender (LGBQ/T) folks, as well as folks in SM/kink and polyamorous communities who are being abused or have been abused by a partner
- The One Love Foundation offers resources including [voice/chat/text support and a safety planning app](#)
- If you are outside the U.S., Hot Peach Pages maintains a [list of resources in nearly 200 countries](#)
- End Violence Against Children offers [resources for families with children](#) (this may be helpful if you have younger siblings at home, or if you have friends/family with younger children who may find this helpful)

If you have questions or need additional help, please feel free to e-mail me or [set up a Zoom appointment here](#).

Beth