

Resources for Victims

If you are a Survivor, you are not alone. You deserve to be safe, even at this time. We encourage you to connect with a domestic violence advocate trained to help you create a safety plan. If you are a manager or co-worker, the following resources should be provided to anyone you are concerned may be a victim of partner violence. For survivors who already have a safety plan, know that there are advocates ready to help you navigate the changes you may need to make as a result of this global crisis.

- The National Domestic Violence Hotline remains available during the COVID-19 pandemic, 24 hours a day, 7 days a week, at (800) 799-7233, via text at LOVEIS to 22522, or via chat at thehotline.org. For The Hotline's tips on staying safe during COVID-19, visit: <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>.
- RUSafe, a downloadable app for IOS and Android that assesses the potential for domestic violence and harm in a dangerous relationship. <https://www.standingfirmsswpa.org/resources/rusafe/>
- Women's Center & Shelter of Greater Pittsburgh, 24/7Hotline: 412-687-8005; <https://www.wcspittsburgh.org/covid/>, text 412-744-8445 (9a.m. – 9 p.m. daily) and online chat at www.wcspittsburgh.org
- Women's Law Resource <https://www.womenslaw.org/laws/preparing-court-yourself/frequently-asked-questions-involving-courts-and-covid-19>
- The National Sexual Assault Hotline, 1-800-656-HOPE (4673), or rainn.org.
- The Childhelp National Child Abuse Hotline, 1-800-4A-CHILD (422-4453), or childhelp.org
- Latinx survivors can reach out to Casa de Esperanza, 1-651-772-1611, or casadeesperanza.org
- LGBTQ people can also call the Anti-Violence Project, 212-714-1141, or visit avp.org/get-help
- A listing of resources by state can be accessed at ncadv.org, provided by the National Coalition Against Domestic Violence.