The Coronavirus is no excuse for abuse! If you are being harmed or threatened, reach out to someone you trust. Make a safety plan. Contact a domestic violence hotline if you can. (You can tell them if you don’t want police called.)

Resources:
The National Domestic Violence Hotline: 1-800-799-7233 www.thehotline.org or text LOVEIS to 22522 (for 24/7 service in English or Spanish)

Or a local hotline in [ ]
Their # is: [ ]