

# COVID-19 Domestic & Sexual Violence Resources

## WHERE TO GET HELP

Your local domestic violence and sexual assault programs are available to help you during this time. Advocates are providing services remotely and courts are still offering emergency help.

**For free services & resources in MA, visit [mass.gov/askmova](http://mass.gov/askmova) or call 844-878-MOVA (6682)**

### SAFELINK (MA domestic violence hotline)

877-785-2020 | Call to be connected to your local DV agency  
If you are Deaf or Hard of Hearing (D/HH), please dial 711 - MassRelay Service

### National Domestic Violence Hotline

1-800-799-7233 | Chat with an advocate at [thehotline.org](http://thehotline.org)

### RAINN (national sexual assault hotline)

1-800-656-4673 | Chat with an advocate at [hotline.rainn.org](http://hotline.rainn.org)  
Call to be connected to your local rape crisis center

### National Deaf Hotline

1-855-812-1001

## SAFEPLAN Host Agencies

<b>Behavioral Health Network</b>	<b>413-750-8313 (not 24/7)</b>
<b>Elizabeth Freeman Center</b>	<b>866-401-2425</b>
<b>Greater Boston Legal Services</b>	<b>617-371-1234 (not 24/7)</b>
<b>Healing Abuse Working for Change (HAWC)</b>	<b>800-547-1649</b>
<b>Health Imperatives</b>	<b>508-588-8255</b>
<b>Independence House</b>	<b>800-439-6507 x238</b>
<b>NELCWIT</b>	<b>413-772-0806</b>
<b>New Bedford Women's Center</b>	<b>508-999-6636</b>
<b>New Hope, Inc.</b>	<b>800-323-4673</b>
<b>South Shore Advocacy and Resource Center</b>	<b>508-746-2664</b>
<b>Stanley Street Treatment and Resource Center</b>	<b>508-675-0087</b>
<b>Womanshelter/Compañeras</b>	<b>413-536-1628</b>
<b>YWCA of Central MA</b>	<b>508-755-9030</b>
<b>YWCA of Northeastern MA</b>	<b>844-372-9922</b>
<b>YWCA of Western MA</b>	<b>413-733-7100</b>



## HOW TO GET A RESTRAINING ORDER

### For help getting a restraining order during the COVID-19 outbreak:

- » Contact your local court for assistance. Find your local court at [www.mass.gov/courthouse-locator](http://www.mass.gov/courthouse-locator).
- » If you need help after hours or on weekends, contact your local police department.
- » Visit [www.mass.gov/doc/209a-258e-resource-guide/download](http://www.mass.gov/doc/209a-258e-resource-guide/download).
- » Your local domestic violence program can help you get an order or put you in touch with a SAFEPLAN Advocate.



## STAY SAFE WHILE LIVING WITH YOUR ABUSER

- » Avoid wearing accessories that hang, such as scarves or long jewelry. These can be easy to grab and used to hurt you.
- » Lock up weapons, including guns and knives, if you can.
- » Identify the safest places in your home. Avoid any room where weapons are kept.
- » If you are being harmed, do not go near the children; this may put them in danger.
- » If you are being hurt and cannot escape, protect yourself by curling up in a corner and covering your face with your arms.
- » Contact your local domestic violence or sexual assault agency for other arrangements such as emergency shelter or staying in hotels.
- » Teach children how to get to safety, and how to call 911 and give your address and phone number to the police.
- » Develop a code word or phrase with people you trust to let them know if you are in danger. Have a plan for what they should do if you use the code word.



## PROTECT YOURSELF AT HOME

- » Keep a phone in a room you can lock from the inside; always keep a cell phone with you.
- » Plan an escape route from your home; teach it to your children.
- » Ask your neighbors to be alert and call the police if needed. Create a signal for them to call the police. For example, if the phone rings twice, a shade is pulled down, or a light is turned on.
- » Pack a bag with important things you would need if you had to leave quickly. Put it in a safe place.
- » If your abuser has moved out, make sure the locks on your doors and windows have been changed.



## INTERNET AND SMART PHONE SAFETY

- » Remember: Any information you post on the internet is public and your abuser can see it.
- » Get an unlisted phone number and screen your calls.
- » Log out of any online accounts and applications; uncheck the "keep me logged in" feature and don't let the web browser remember your passwords.
- » Use strong passwords (upper case and lower case letters, numbers, and symbols).
- » Review privacy settings on social media.
- » Try to avoid posting private information on social media sites.
- » Turn off the GPS location sharing feature of your smart phone.

**REMEMBER, YOU CAN  
ALWAYS CALL 911 IN  
AN EMERGENCY**

Massachusetts Office For Victim Assistance  
**MOVA**  
Victim & Witness Assistance Board

**844-878-MOVA (6682)**  
[mova@mass.gov](mailto:mova@mass.gov)  
[mass.gov/askmova](http://mass.gov/askmova)