

SUPPORT Domestic Violence Victims During COVID-19



Be a Support System to Loved Ones Affected by Domestic and Sexual Abuse During COVID-19

As a family member or friend, there are many things you can do to support someone who is being abused. Call the Fairfax County 24-Hour Domestic and Sexual Violence Hotline at **703-360-7273** to learn how. **If you believe someone is in immediate danger, call 911.**

FAIRFAX COUNTY DOMESTIC AND SEXUAL VIOLENCE HOTLINE

24 hours a day

703-360-7273

If it is not safe to talk, text or chat
LOVEIS to 22522

S U P P O R T

Spend time listening. Find out the safest way and best times to contact them and make sure you are available for them.

Utilize resources. Look for resources and offer to call the Hotline for them when they are ready.

Plan for safety. Talk about safety planning at home. Get more information on this topic from a Hotline advocate.

Prepare to challenge your own beliefs. Instead of asking "Why?" ask "How can I help?"

Offer what you can. Provide a safe place to stay, financial help, or just somewhere they can store copies of important documents.

Remind them of their strengths. Tell them they are strong and can get through hard times with courage and resiliency.

Tell them you believe them. Let them know they can trust you and remind them the abuse is not their fault.

Learn more about the Department of Family Services' Domestic and Sexual Violence Services division.

fairfaxcounty.gov/familyservices/domestic-sexual-violence

