

SAFETY SUPPORTS

FOR SELF-ISOLATION DURING THE COVID-19 PANDEMIC



Self-isolation and physical distancing have resulted in a rise of violence within the home. Being trapped within an abusive home can be dangerous. Resources are still available to support you during this time. Safety plans can be made in advance and many organizations that provide support have shifted to online resources.



While physical distancing is meant to ensure the safety of our communities, it is a privilege for many. This can be a difficult time for those who live in toxic and abusive environments as they are now isolated with their abusers. Abuse can vary from physical, sexual, financial, spiritual and emotional.



A majority of resources have transferred to online and you are still able to access them. Shelters remain open and 24/7 crisis lines are still functioning to support their communities.



TIPS:

- Clear your browser history on your phone and internet daily
- Have an emergency bag
- Create a safety plan in advance with the support of a community agency



If you or someone you care about are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:



CRISIS + SUPPORT LINES:



- Toronto Rape Crisis Centre
416-597-8808
- Assaulted Women's Helpline
1-866-863-0511
- Victim Services Toronto
416-808-7066
- Bellwood Health Services
416-495-0926 (mental health services)
- Kids Help Phone
1-800-668-6868 (phone) 686868 (text)
- Community Family Services of Ontario
1-866-979-2743
- CNIB (For people who are visually impaired, blind or deaf blind, families, friends and community) crisis helpline
1-800-563-2642

- Call 911
- Visit the Disaster Distress Helpline, call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-787-3224

If you need assistance with accessing resources, you can contact us at ask@anbu.ca and we will do our best to provide you with available community resources.