



## COVID-19 and Domestic and Sexual Violence Services Services are Still Available in the Greater Gardner and Across the State!

COVID-19 and social isolation are increasing danger for those who have to shelter at home with abusive partners. If you or someone you know; is in this situation, the information below can help.

- ✦ First and foremost, call [911](tel:911) if you are in danger. Police will still respond to calls for help.
  - ✦ YWCA **Domestic Violence Services** 24-hour safe and confidential assistance: Helpline 508-755-9030 and Chatline [www.ywcahelp.com](http://www.ywcahelp.com)
  - ✦ If you need help with or have questions about **restraining orders**, you can reach the Gardner/Winchendon Court SAFEPLAN Advocate directly at 508-835-8664 during regular business hours.
  - ✦ DTA (Dept Transitional Assistant) **Domestic Violence Specialist** (Fitchburg) 978-665-8713
  - ✦ DTA for **assistance** go to the web site for the application process <https://dtaconnect.eohhs.mass.gov/> ✦ SNAP assistance line, 877-382-2363.
  - ✦ LUK, Inc Domestic Violence 978-345-0685 (8-5) After 5pm 800-579-0000
  - ✦ PATHWAY FOR CHANGE, INC **Sexual Violence** 800-870-5905
  - ✦ Safe Link state-wide **Hotline** 877-785-2020 (24/7) (keeps inventory of **shelter beds**)
  - ✦ FHCD remote line to apply for **shelter**, 866-584-0653
  - ✦ National DV **Hotline**: Can help by text when talking isn't safe - Text LOVEIS to 22522
  - ✦ Call **PAVE**, Intimate Partner Abuse Education Program, 978-466-3820 x 8967 if you are at risk of hurting someone and want help.
- If you are at risk of losing housing and need financial assistance see [www.wayfindersma.org/hcec-assessment](http://www.wayfindersma.org/hcec-assessment) or call a domestic violence advocate listed above.
  - Think about your support system and who you trust. Talk with that person about how they could help if you need to get out quickly and come up with a code word you can use to let them know you need help. Keep your phone charged. Consider contacting a domestic violence advocate to plan for safety or see <https://www.thehotline.org/help/path-to-safety>
  - Depending on their ages, talk to your children about your concerns and make a plan for where they should go and who they should call in an emergency. Reassure them this isn't their fault.

If you are concerned about someone; use these 3 steps **Recognize** (know what abuse is), **Respond**, (give them this sheet for resources), **Refer** (Call a Domestic Violence Advocate or Safe Plan Advocate)

**You are not alone, and your community cares!!!**

*Flyer developed by the Gardner Domestic Violence Task Force. Find us on Facebook or at 978-230-6446.*