



National Indian Health Board
**NATIONAL TRIBAL
COVID-19 RESPONSE**

910 Pennsylvania Avenue, SE | Washington, D.C. 20003 | 202-507-4070 | www.nihb.org

04/27/20

Domestic and Intimate Partner Violence

Given that staying at home is a critical preventative action individuals and families are taking to prevent the spread of COVID-19, compounded by heightened stress and financial uncertainty, there are concerns that there may be surges of domestic and partner violence. Although violence in any form is always a concern that needs to be addressed, there is a greater need now more than ever to prevent it. In this time of stress and uncertainty, it is our shared responsibility to assure that we maintain a healthy and safe home environment for the ones we love.

Tips for Taking Care of Yourself and Your Loved Ones

- Reach out to a trusted friend or family member, if it is safe to do so. Share with them how you feel and discuss your concerns.
- Practice self-care
 - Get enough sleep (at least 8 hours).
 - Eat a balanced, nutritious diet.
 - Exercise regularly.
 - Take a walk outside to help ease stress (follow local laws and stay 6 feet apart!).
 - Make time for things that you enjoy and put you at ease, such as games, hobbies or cultural activities.
 - Engage in prayer and spiritual activities.
 - Create time for both group activities and individual, quiet time.
- If you feel that you need to leave your home to assure the safety of yourself and/or family members, then take extra time to [put a plan in place](#).
- If it is safe to do so, contact a family member, friend, violence shelter or hotel in advance to explore your options for a safe place to stay. Many shelters have altered their policies in light of the COVID-19 pandemic.

Are you concerned for a friend or family member? Continue to reach out to them and be supportive. The resources below are available if you need information or to talk to someone too!

Additional Resources

- **Strong Hearts Native Helpline – 1-844-7NATIVE (762-8483)**
 - Provides culturally-appropriate support on domestic violence and dating violence. Available every day from 7 AM to 10 PM Central Time.
 - Maintains list of local supportive organizations: <https://www.strongheartshelpline.org/resources-supportive-organizations/>



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- **National Indigenous Women’s Resource Center** - <https://www.niwrc.org/>
 - Supports programs and resources dedicated to ending violence against Native women and children
- **National Domestic Violence Hotline – 1-800-799-7233**
 - Includes information and resources for individuals or friends and family of those experiencing domestic violence, including safety planning. Live chat options available.
- **SAMHSA’s National Helpline – 1-800-662-HELP (4357)**
 - SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.
- **National Suicide Prevention Hotline – 1-800-273-TALK (8255)**
 - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- **RAINN National Sexual Assault Telephone Hotline – 1-800-656-HOPE (4673)**
 - 24/7 hotline that connects callers with a trained staff member from a sexual assault service provider in your area. [Live chat options available.](#)
- **Mental Health America** - <https://www.mhanational.org/>
 - A non-profit that promotes mental health and preventing mental illness through advocacy, education, research and services.
- **National Parent Helpline 1-855-427-2736** - <http://www.nationalparenthelpline.org/>
 - Provides emotional support for parents
- **Post-Traumatic Stress Disorder (PTSD) Alliance** - <http://www.ptsdalliance.org/>
 - Provides information about PTSD, signs and symptoms, and resources on seeking help for PTSD.
- **Finding a trained provider:**
 - <https://www.samhsa.gov/find-treatment>
 - <https://www.mhanational.org/finding-help>

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For more information, visit NIHB’s National Tribal COVID-19 Response page at www.nihb.org