

COVID-19 and Domestic and Sexual Violence Services

Services are Still Available in the [Quaboag Valley](#) 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](#) if you are in danger. Police will still respond to calls for help.
- Call a local domestic violence advocate out of the BHN Domestic Violence Program in Ware at 413-262-7103 if you are being threatened or hurt.
- Call Proteus, Intimate Partner Abuse Education Program, 413-967-6241 x 58531 if you are at risk of hurting someone and want help.
- Contact a 24 hour hotline for confidential support and safety planning.
 - ❖ Womanshelter/Companeras (Holyoke): 413-536-1628 (24/7)
 - ❖ YWCA (Springfield): 413-733-7100 (24/7)
 - ❖ New Hope (Worcester) 800-323-4673 (24/7)
 - ❖ Safe Passage (Northampton) 413-586-5066 (*weekdays 11am-7pm*)
 - ❖ Safe Link state-wide hotline 877-785-2020 (24/7)(keeps inventory of shelter beds)
 - ❖ National DV Hotline: Can help by text when talking isn't safe - Text LOVEIS to 22522
- If you need a protection court order, you can still get one even though the courts are temporarily closed. Call your local police, an advocate, or a hotline to find out how.
- 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/>.
- If you are at risk of losing housing and need financial assistance see www.wayfindersma.org/hcec-assessment or call a domestic violence advocate listed above.
- Depending on their age, talk to your children about your concerns and make a plan for where they should go and who they should call in an emergency.

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