

RESOURCES

- StrongHearts Native Helpline | 844-762-8483 | www.strongheartshelpline.org
- Alliance of Tribal Coalitions to End Violence www.atcev.org
- National Indigenous Women's Resource Center 855-649-7299 | www.niwrc.org
- AZ Coalition to End Sexual & Domestic Violence | 602-279-2980 | www.acesdv.org
- National Domestic Violence Hotline 800-799-7233 | www.thehotline.org
- Stalking, Prevention, Awareness & Resource Center | www.stalkingawareness.org
- National Sexual Assault Hotline 800-656-4673 | www.rainn.org
- Southwest Center for Law & Policy 520-623-8192 | www.swclap.org
- Mending the Sacred Hoop 888-305-1650 | www.mshoop.org
- Tribal Law and Policy Institute 323-650-5467 | www.home.tlpi.org
- Forge | www.forge-forward.org
- GLAAD | www.glaad.org
- PFLAG | www.pflag.org
- National Human Trafficking Hotline 888-373-7888

STAFF

Leanne Guy, Diné,
Founder & Executive Director

Tania Harvey, Diné,
Director of Tribal Engagement

Veronica Hunter, Diné,
Director of Finance

Memory Dawn Long Chase,
Standing Rock Sioux Tribe,
Domestic Violence Response
Director



480.828.2542/480.904.9112



WWW.SWIWC.ORG



PO BOX 42276
MESA, AZ 85274



COVID-19 SAFETY PLAN

WWW.SWIWC.ORG

IMPORTANT INTERSECTIONS OF DOMESTIC VIOLENCE DURING COVID

- Abusive partners may withhold necessary items, such as hand sanitizer or disinfectants.
- Abusive partners may share misinformation about the pandemic to control or frighten survivors, or to prevent them from seeking appropriate medical attention if they have symptoms.
- Abusive partners may withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention if they need it.
- Programs that serve survivors may be significantly impacted – shelters may be full or may even stop intakes altogether. Survivors may also fear entering shelter because of being in close quarters with groups of people.

- Survivors who are older or have chronic heart or lung conditions may be at increased risk in public places where they would typically get support, like shelters, counseling centers, or courthouses.
- Travel restrictions may impact a survivor's escape or safety plan.
- An abusive partner may feel more justified and escalate their isolation tactics.

This project is supported by the Arizona Department of Housing SFRF funds.

PLANNING WITH CHILDREN/FAMILY

Creation of "code word" with children, and/or vulnerable family members to communicate urgent action is needed - calling 911 or alerting a neighbor is phone access is limited OR creation of a "code word" with trusted friends/family to communicate help is needed

CELL PHONE ACCESS

Should an unsafe situation occur, it's important to keep communication to the appropriate authorities. Wear clothes with pockets to keep device concealed and ensure the phone is charged. If no cell is available, contact your local DV program for assistance

SELF-CARE

If leaving home isn't an option, creating a calm, peaceful safe is imperative for self-care. Do calming, peaceful activities - read a book, draw a picture, cuddle with your children. Find any self-care activities that are safe and maintain social distancing guidelines for yourself and your family.

SAFETY DURING EXPLOSIVE INCIDENT – SAFEST ROOM

If an argument, or explosive incident occurs, find the "safest room" possible. Kitchen (which can have weapons) and bathrooms (which likely have no other exit). Ideally this room would have at least 2 exits.

EMERGENCY BAG

In preparation for a necessary exit, try to back a bag ahead of time. Include any medications for yourself, children, or vulnerable family members. If unsure if partner will find it, try to find a trusted friend/family member to hold bag for you. If not possible, remember any items can be replaced.

EXIT PLAN

In case you find it necessary to flee during the COVID-19 pandemic, think ahead and strategize the safest way to leave. Find local programs, talk to a local victim advocate as leaving is the most dangerous time. Some programs may not be in total operation due to the pandemic.