

If you are experiencing violence, it may be helpful to reach out to family, friends and neighbours to seek support from a hotline or, if safe, from online service for survivors of violence. Find out if local services (e.g. shelters, counselling) are open and reach out to them if available.

Make a safety plan in case the violence against you or your children escalates. This includes:

- identifying a neighbour, friend, relative, colleague, or shelter to go to in case you need to leave the house immediately for safety.
- having a plan for how you will exit the house safely and how you will reach there (e.g. transport).
- keeping a few essential items (e.g. identification documents, phone, money, medicines, and clothes) available, and a list of telephone numbers in case of an emergency.

If possible, develop a code with a trusted neighbour so they can come to your aid in case of an emergency.

[Q&As: Violence against women during COVID-19](#)