

COVID-19 & INTERPERSONAL VIOLENCE

What is the effect of COVID-19 on interpersonal violence?

- During natural disasters and other emergencies, rates of interpersonal violence can increase dramatically. During shelter-in-place, tensions in relationships may increase. Increased financial and medical stress, unemployment, as well as generalized anxiety, can lead to more violence and abuse at home.
- In relationships where there are patterns or a history of violence or abuse, there is an increased risk of further harm without support.
- Those experiencing violence may have limited opportunities to reach out for help when sheltering inside a home with someone who is violent.
- Children who are unable to attend school during shelter-in-place are also at greater risk of witnessing domestic violence, or experiencing abuse themselves.

Here's how COVID-19 could uniquely impact interpersonal violence survivors:

- An abusive partner may feel more justified in using violence.
- Individuals/families may become more isolated from others & their support systems.
- Abusive partners may withhold necessary items, such as hand sanitizers or disinfectants.
- Travel restrictions may impact a survivor's [safety plan](#), or ability to safely leave the situation.
- 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.

Contra Costa County's supportive service agencies are still open and assisting during the COVID-19 shelter-in-place!

If you, or a loved one, is experiencing violence at home from an intimate partner (such as spouse or boyfriend/girlfriend) please contact [STAND! for Families Free of Violence](#) 24-hour crisis line at **1-888-215-5555**, or if it isn't safe to call, please e-mail crisisline@standffov.org.

If you, or a loved one, is experiencing (or has recently experienced) sexual assault or been forced or tricked into performing a sex act, please contact the [Community Violence Solutions](#) 24-hour crisis line at **1-800-670-7273**.

Family Justice Centers: **510-974-7200** (Richmond), **925-521-6366** (Concord), **925-281-0970** (Antioch)