

There is NO Excuse for

DOMESTIC VIOLENCE

THERE ARE RESOURCES AVAILABLE

We recognize the impact that COVID-19 is having on Families. We understand that people may be self-isolated. During this time, Victims should not feel alone.

CALL US...
CHAT WITH US...
STAY SAFE...

THE MOST DANGEROUS TIME FOR A
VICTIM/SURVIVOR IS WHEN THEY LEAVE
THE ABUSIVE PARTNER

If you are in immediate danger
CALL 911

National Domestic Violence Hotline

1-800-799-7233 (SAFE)

TTY -1-800-787-3224

Chatthehotline.org

or Text LOVEIS to 22522

HAWC Domestic Violence Hotline

713-528-2121 (24/7)

TTY – 713-528-3625



HAWC | Houston Area
Women's Center
Ending domestic and sexual violence for ALL

HARRIS COUNTY
HC SO
SHERIFF'S OFFICE
SHERIFF ED GONZALEZ

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DOMESTIC VIOLENCE

QUARANTINED WITH AN ABUSER?

***If you are in immediate danger, CALL 911.**

1. Create a Safety Plan:

Identify safe areas of your home, where there are no weapons available, where you can plan an escape.

2. Designate a code word with a trusted friend or family member:

Choose an innocuous code word like “lamp” or “candle” that signals you are in danger, and they should call the police.

3. Have a stash of quarantine resources / go bag:

Keep a supply hidden for yourself, in case an abuser cuts off resources.

4. Practice Self-Care:

It might be impossible, but try to take a few minutes to yourself every day. Eat healthy, drink plenty of water, and get a good night of sleep.

5. De-Escalate:

If an argument ensues, try not to engage. Move to a room that is a safer one with access to outside. While it might feel terrible when violence is unavoidable, there is no shame in doing what is necessary to keep you and your family safe.

Contact the National Domestic Violence Hotline at 1-800-799-7233.

