



Resources for Domestic Violence / Sexual Abuse Survivors during COVID-19 Pandemic

Survivors often have specific needs around safety, health and confidentiality. People who are already more vulnerable to economic and health insecurity are facing additional challenges during this unprecedented time.

Here are some national, state and local resources and tools. If you ever have any questions – reach out to your health care provider.

Online

Partners for Peace 24-hour Helpline 1-800-863-9909; 1-800-437-1220 (TTY)

Community Care Support for adults, children, and families around a variety of issues

Mabel Wadsworth Women's Health Center

Rape Response Services

Maine Violence Intervention Programs

2-1-1 Maine Health and human services resources and information

National Hotlines

- Remember that you are not alone and support systems remain available to you
 - The National Domestic Violence Hotline is 24/7, confidential and free: **1-800-799-7233** and through **chat**.
 - The National Sexual Assault Hotline is 24/7, confidential and free: **800.656.HOPE (4673)** and through **chat**.
 - The StrongHearts Native Helpline for domestic/sexual violence is available 8am-11pm ET, confidential, and specifically for Native communities: **1-844-762-8483**



- The Trans LifeLine for peer support for Trans folks 10am-4am ET: **1-877-565-8860** *this hotline is staffed exclusively by Trans operators is the only crisis line with a policy against non-consensual active rescue.*
- The Deaf Hotline is available 24/7 through video phone (**1-855-812-1001**), email and chat for Deaf, DeafBlind, DeafDisabled survivors.
- National Parent Helpline Monday -Friday 1pm-8am ED emotional support and advocacy for parents: **1-855-2736**
- Maine elder abuse hotline: **1-800-624-8404 (Voice) or 711 (Maine Relay)**
- National elder abuse hotline: **(800) 222-8000**

Sheltering in Place

Are there other friends or family you could stay with during this time? Consider reaching out to these people to make a plan:

- Consider reaching out to a trusted friend, co-worker, or family member who could check in with you about your safety and support needs.
- Are you connected with close friends or family members of the person who is hurting you? Are they aware of what is happening or are they a safe person to reach out to? Consider connecting with them now.



Domestic Violence Coalitions and Organizations

Maine Coalition to End Domestic Violence Includes links to our sister projects throughout Maine

National Coalition Against Domestic Violence

National Network to End Domestic Violence

National Center on Domestic and Sexual Violence

Domestic Abuse Intervention Programs Originators of the Power and Control Wheel

Safety Plans and Self-Care:

- Staying Safe During COVID-19 from the National Domestic Violence Hotline
- What do older adults and people with disabilities need to know? from the Administration for Community Living
- COVID-19 information in many languages
- Resources for Undocumented People (Maine Specific)
- Frequently Asked Questions Involving Courts and COVID-19 (from the WomensLaw.org_
- Telehealth Can Be a Lifeline for Survivors of Intimate Partner Violence/Domestic Violence Like Me from the Positive Women's Network



Legal Resources

[Pine Tree Legal Assistance](#)

[Battered Women's Justice Project](#)

www.Womenslaw.org

[State of Maine Court Forms and Publications page](#)

[National Council of Juvenile and Family Court Judges Family Violence Department](#)

[Penquis Law Project](#)

[Maine Volunteer Lawyer's Project](#)

[Maine State Bar Association](#)

[U.S. D.O.J.'s Office for Victims of Crime](#)

[Legal Services for the Elderly](#)

[American Bar Association's Commission on Domestic & Sexual Violence](#)

Economic & Housing

[New Ventures Maine](#) Information about economic empowerment and abuse

[The Maine Education Opportunity Center](#)

[Maine Equal Justice Partners](#) Information on TANF & ASPIRE, health care, food stamps, and more

[Maine Housing](#) Information on housing in Maine, including information on subsidized housing

[Penquis](#)



Native Populations

[Wabanaki Women's Coalition](#)

[Mending the Sacred Hoop](#)

[Tribal Court Clearinghouse](#)

[Penobscot Nation](#)

[Maliseet Domestic Violence and Sexual Assault Program](#)

[Passamaquoddy Peaceful Relations Domestic Violence Response Program](#)

LGBTQ+

[GLAD Legal Advocates & Defenders](#) New England-based legal rights organization; includes information on Maine laws

[Equality Maine](#)

[PFLAG](#)

Elders and People with Disabilities

[Legal Services for the Elderly](#)

[Eastern Area Agency on Aging](#)

[Maine DHHS Elder Page](#)

[Maine DHHS Office of Adult Mental Health Services](#)

[National Clearing House on Abuse in Later Life](#)

Children and Youth

[Love is Respect](#)

[PENQUIS Children's Advocacy Center](#)



Stalking

[The Stalking, Prevention, Awareness and Resource Center](#)
[Stalking Incident Log \(PDF\)](#)

Other Resources & Information

[Maine Department of Health and Human Services](#)

[Peace & Justice Center of Eastern Maine](#)

[The Linkage Project](#) Raises awareness of the connection between family violence and animal cruelty

[Wired Safety](#) Information on internet safety

[The Greenbook Initiative](#) Information on the intersection between domestic violence and child maltreatment

[U.S. Department of Justice's Office on Violence Against Women](#)

[Hot Peach Pages International Directory of Domestic Violence Agencies](#) Offers resources in many world languages