

# Managing Safety in Your Home During COVID-19

## Are You Worried About Violence in Your Home?

This pandemic is a difficult time for many, with orders to stay home, uncertainty, money concerns, and stress, all of which can increase risk of domestic violence. According to Statistics Canada, almost 1 in 5 Canadians are concerned about violence in the home during COVID-19. If you are already experiencing violence at home, you may be even more worried about your safety and the safety of others in your home now. Victim services and anti-violence support workers are here to help, no matter how you decide to manage your safety during COVID-19.

### How to Get Help

VictimLinkBC is a toll-free, confidential, multilingual telephone information and referral service for victims of crime that is available 24 hours a day, 7 days a week.

Call 1-800-563-0808, email [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca), or visit [www.victimlinkbc.ca](http://www.victimlinkbc.ca).

## Safety May Look Different Right Now

Trust your instincts. You know your situation best and manage your own safety on a daily basis. [Victim Services Programs Across BC](#) are available to provide emotional support and help with safety planning. They can also help you assess the risk of danger or harm to you and your family and provide assistance to access other services (e.g., emergency housing, child protection, financial benefits). These services may be able to support you and/or your children remotely (e.g., online, by phone, text messages).

## If Home Is Not Safe, You Have Options

Whether you decide to stay at home or leave, you can connect with a victim services or anti-violence worker. They are all support workers who can help you discover your options during COVID-19 and make a safety plan for you and/or your children. If you choose to leave an abusive partner, this may increase risk of violence. It is important to have supports and a safety plan in place before

you decide to leave or even talk about leaving. Victim services and anti-violence support workers are here to help.

## Factors that May Increase Risk

In BC, police, child protection and anti-violence support workers use the BC Summary of Domestic Violence Risk Factors to assess and manage cases of domestic violence. Many people who use violence in relationships will increase their violence when they are stressed, when their employment is unstable (when they lose their jobs), when their mental health is poor and/or when they are mis-using alcohol or drugs. If they are using violence, expressing thoughts of suicide, or threatening to harm you, others, or your animals, this can be a sign of possible increased or more severe future violence. Know that there are support workers who can help. Referral pathways may be a bit different right now as agencies are trying to best meet client needs through remote options.

**To get help, call VictimLinkBC at 1-800-563-0808.**

**CALL 9-1-1 IMMEDIATELY IF YOU OR SOMEONE ELSE IS IN DANGER.**

[www.endingviolence.org](http://www.endingviolence.org)