

First Nations Health Authority
Interior Region Mental Health and Wellness
Coronavirus (COVID-19) pandemic
Domestic Violence and Abuse Support & Resources



Our priority is and has been to support and prepare our Nations to maintain their individual health, their families and the health of the communities.

Given the current Coronavirus (COVID-19) Pandemic people maybe be feeling the impacts on our Mental Well-being. Some could be experiencing increased conflicts, even escalated situations of Violence or Abuse.

If you are concerned for your safety, your children's safety or someone you know do not hesitate to reach out:

If you are in immediate danger call 911

Domestic Violence Help Line at 1-800-563-0808
(free, confidential, 24/7, service in multiple languages)

VictimLinkBC at 1-800-563-0808 toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

KUU-US Crisis Line Society at 1-800-588- 8717 Toll Free Aboriginal provincial crisis line operates 24 hour

Hope for Wellness Helpline: 1-855-242-3310 Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Kids Help Phone: 1-800-668-6868

Helpline for Children in BC: 310-1234

Abuse or Violence Safety Planning Tips During Covid 19

Anyone who is already concerned with their safety or the safety of someone else due to an abusive or violent relationship of any kind may be struggling with increased vulnerability and isolation to supports or help.

Situations can become escalated very quickly during this Covid 19 Pandemic where stress, isolation, lack of resources and supports in communities are more impacted.

Safety Planning Tips:

- Talk with trusted family members, friends or neighbors know of your situation and develop a plan and **visual signal** for when you need help.
- Evaluate the abusers use and level of force to **prepare for the risk** for physical danger to you and your children before it occurs.
- If possible, have a phone accessible at all times and know what numbers to call for help your life is in danger, **call 911**
- Teach your children how to call 911 and give your home address number and street name. Then to go get help. Plan a code word to signal to them that they should get help or leave the house.
- Help them make a list of people that they are comfortable talking with and expressing themselves to.
- **Practice how to get out safely.** Practice with your children. Teach them that although they want to protect their parent, they should never intervene
- Store important **personal documents** in a safe easy to grab place. Driver's License, Birth Certificates, Status Cards etc. Make copies if needed.
- Make a habit of backing the car into the driveway and **keeping it fueled.** Keep the driver's door unlocked and others locked — for a quick escape.
- If there is a potential for violence, identify a safe space with no weapons and alternative exits. **Keep children in separate room to decrease risk of harm to them.**
- Try not to wear scarves or long jewelry that could be used to strangle you.
- If violence is unavoidable, **make yourself a small target.** Dive into a corner and curl up into a ball with your face protected and arms around each side of your head, fingers entwined.

National Domestic Violence Hotline: <https://www.thehotline.org/help/path-to-safety/>

If you are in immediate danger call 911

Domestic Violence Help Line at 1-800-563-0808
(free, confidential, 24/7, service in multiple languages)

VictimLinkBC at 1-800-563-0808 toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day,
7 days a week

KUU-US Crisis Line Society at 1-800-588- 8717 Toll Free Aboriginal provincial crisis line operates 24 hour

Hope for Wellness Helpline: 1-855-242-3310 Help Line offers 24 hour immediate mental health counselling and crisis intervention to all
Indigenous peoples across Canada.

Kids Help Phone: 1-800-668-6868

Helpline for Children in BC: 310-1234