



Carol Sacco
Acting Director

City and County of San Francisco
Department on the Status of Women



London N. Breed
Mayor

Resources on Gender-Based Violence during COVID-19 Crisis

The San Francisco Commission and Department on the Status of Women promotes equitable treatment and fosters the advancement of women and girls throughout San Francisco through policies, legislation, and programs. During the COVID-19 crisis, we want to offer resources to survivors of violence, their families, and community members.

Violence Related Crisis Line Services

If you are experiencing or have experienced domestic violence, sexual assault, stalking, or human trafficking, you can contact:

San Francisco Women Against Rape

TEL: 415-861-2024

24-Hour Crisis Line: 415-647-7273

www.sfwar.org

W.O.M.A.N., Inc.

TEL: 415-864-4777

24-Hour Crisis Line: 415-864-4722

Toll Free: 877-384-3578

www.womaninc.org

La Casa de las Madres

TEL: 415-503-0500

24-Hour Adult Crisis Line: 877-503-1850

24-Hour Teen Crisis Line: 877-923-0700

24-Hour Text Crisis Line: 415-200-3575

www.lacasa.org

Other Hotlines

Need to support not related violence or just want to talk to someone? You can contact:

Peer-Run Warm Line (Non-Crisis)

TEL: 1-855-845-7415

www.mentalhealthsf.org

TALKLine Parental Support (Parenting)

TEL: 415-441-KIDS (5437)

www.safeandsound.org

Friendship Line (Older Adults)

TEL: 800-971-0016

www.ioaging.org

Safety Tips for People Experiencing Violence

Reach out for help:

While people are encouraged to stay at home, you may feel isolated from your friends and family. Even if you are isolated, try to maintain social connections online or over the phone, if it is safe to do so, and try to stick to your daily routines as much as possible.

Create an exit plan:

In case you have to flee, create an exit plan ahead of time with someone who could support this need. Is there a trusted friend/relative who you can stay with, if needed?

Practice self-care:

COVID-19 is causing uncertainty for many people and getting through this time while experiencing abuse can feel really overwhelming. Taking time for your health and wellness can make a big difference in how you feel.

Workplace Resources

Have questions about work related to COVID-19 or other work issues? You can contact:

Legal Aid at Work

TEL: 415-864-8848

Looking for work? You can access city resources on finding a job here:

Office of Economic and Workforce Development

TEL: 415-701-4817

www.oewd.org

If you are an employee of the City & County of San Francisco, go here for workplace questions:

<https://sfdhr.org/covid-19>

How can I protect my health?

As of March 17, 2020, San Francisco issued an order requiring residents to stay home except for essential needs.

Please note that seeking support from violence is an essential need—do not hesitate to reach out if you need help.

These are the best ways for all San Franciscans to reduce their risk of getting sick, and preventing COVID-19:

- Wash hands with soap and water for at least 20 seconds.
- Cover your cough or sneeze.
- Stay home if you are sick.
- Avoid touching your face.
- If you need to go out, stay 6 feet away from anyone else.
- There is no recommendation to wear masks at this time to prevent yourself from getting sick.

Where can I go to get food?

Food banks, soup kitchens, and schools continue to provide meals and food products to the public.

If you have a child in a San Francisco Public School, you can pick up meals at a variety of locations, go to www.sfusd.edu to learn more.

The SF-Marin Food Bank continues to operate, for more information go to www.sfmfoodbank.org.

What should I do if I think have coronavirus?

The symptoms of COVID-19, among other symptoms, may include:

- Fever
- Cough
- Shortness of breath

If you have a primary care provider and you believe you might have coronavirus, contact that provider, speak with them about symptoms you are experiencing, and they can arrange for you to get tested.

If you do not have a primary care provider and do not have health insurance, you can call the San Francisco Health Network at 415-682-1740.

If your symptoms are not severe, you should self-isolate at home and limit your contact with others.

If your symptoms become severe, you should call 911 or go to an Emergency Room. Try to call beforehand so they can prepare for your arrival.

What if I am worried about rent?

On March 23, 2020, Mayor Breed ordered that no landlord may attempt to recover possession of a residential unit unless due to violence, threats of violence, or health and safety issues. This order is set to last until June 21, 2020.

If you are not able to pay your rent due to COVID-19, you need to notify your landlord and provide documentation. For more information about your rights as a tenant, you can go to www.sfadc.org.

National Resources

LGBT Youth Talkline 1-800-246-7743

National Center on Elder Abuse 1-855-500-3537

National Child Abuse Hotline 1-800-422-4453

National Domestic Violence Hotline 1-800-788-7233

National Human Trafficking Hotline 1-888-373-7888

National Suicide Hotline 1-800-273-8255

Veterans Crisis Line 1-800-273-8255

<https://www.glbthotline.org/talkline.html>

<https://ncea.acl.gov/>

<http://www.childhelp.org/hotline/>

<https://www.thehotline.org/>

<https://humantraffickinghotline.org/>

<https://suicidepreventionlifeline.org/>

https://www.mentalhealth.va.gov/suicide_prevention/veterans-crisis-line.asp

Looking for Other Resources?

Futures Without Violence, a violence prevention organization in San Francisco, is continually updating a page of resources for survivors, community members, and programs:

<https://www.futureswithoutviolence.org/get-updates-information-covid-19/>

Resources updated as of: March 30, 2020.