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Mayor

Resources on Family and Relationship Stress During COVID-19

If you are in immediate danger, call or text 9-1-1.

PARENTAL SUPPORT

TALKLine Parental Support

24-Hour Support: 415-441-KIDS (5437)

Email: info@safeandsound.org
www.safeandsound.org

Safe & Sound's Resources

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

Family and Children's Services

24-Hour Hotline: (800) 856-5553

Parenting Tips

- Talk about feelings: Encouraging kids to talk about how they feel can help them feel confident that you understand and love them.
- Do fun things together: Hug, read, play, and laugh together. Go for a walk (staying 6 feet from others). Take deep breaths together.
- Set boundaries and create routines: Make an activity or homework schedule together. Create a soothing bedtime routine. Read a book before bed.

RELATIONSHIP STRESS and DOMESTIC VIOLENCE

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

San Francisco Women Against Rape

TEL: 415-861-2024

24-Hour Crisis Line: 415-647-7273

www.sfwar.org

Safety Tips for People Who Are Being Hurt or Threatened

- Reach out for help: You are not alone. If it is safe, call a DV hotline. If it is safer for you to leave home to call, you can go for a walk (while staying 6 feet from others), call from your car, or make a call while grocery shopping. You can meet a friend (while 6 feet apart) for support.
- Create an escape plan: In case you need to flee, create a plan to leave the place where you are in danger. Discuss this plan ahead of time with a trusted friend, relative, or DV Advocate.
- Practice self-care: Getting through COVID-19 while being hurt or threatened can feel overwhelming. Take deep breaths. Focus on thoughts and activities that feel most healing to you.

Refer to Futures Without Violence's resources page for more information: <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>

OLDER ADULTS and DEPENDENT ADULTS

Adult Protective Services

24-Hour Helpline: (415) 355-6700

24-Hour Helpline: (800) 814-0009

www.ReportToAPS.org

Friendship Line

TEL: 800-971-0016

www.ioaging.org

Tips for Older Adults

- Reach out for help: If you need assistance with groceries or other home care needs, call the helpline at (415) 355-6700 to connect to volunteers willing to help.
- Beware of financial scams: Do not give private or financial information to anyone over the phone, email, on social media, or on any websites that you don't recognize.

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