

Support for Victims and Survivors During the COVID-19 Pandemic

April 30, 2020

During this time of social distancing, quarantines and additional stress, it is possible you may find yourself, or a loved one, in an unhealthy or unsafe environment. Please know there are resources available to support you.

Personal Safety

Crisis services are still open and available throughout the state. The Kansas Crisis Hotline, **1-888-363-2287**, is accessible 24/7 and can provide confidential safety planning and support and can connect you to local services in your community. If you are in immediate danger and are fearful for the safety of yourself or a loved one, please call 911.

A complete list of Kansas Domestic Violence and Sexual Assault Service Providers and their 24/7 hotline contact information is available here: <https://www.kcsdv.org/find-help/in-kansas/dv-sa-services-map/>.

If you need to talk but can't talk safely on the telephone:

Text LOVEIS to 22522 or chat online at thehotline.org (domestic violence) or online.rainn.org (sexual violence).

If you are quarantined with an abusive partner, the National Domestic Violence Hotline has information on how to stay safe while staying at home:

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>.

Physical Injuries and Forensic Exams

If you have been hurt or sexually assaulted, please seek help by calling 911 or go to the nearest emergency care provider. Emergency services are still providing care to those who need it.

If you are interested in a sexual assault forensic exam please contact the Kansas Crisis Line, 1-888-363-2287, or find a sexual assault service provider near you

<https://www.kcsdv.org/find-help/in-kansas/dv-sa-services-map/> to talk about your options. For a complete list of Kansas Sexual Assault Nurse Examiner (SANE) programs, visit: <https://www.kcsdv.org/find-help/in-kansas/sane/>.

Safe Housing

Domestic violence shelters across the state are open and taking steps to keep staff and clients safe and healthy during the COVID-19 pandemic. To find a program near you visit the Kansas Coalition Against Sexual and Domestic Violence service locator:

<https://www.kcsdv.org/find-help/in-kansas/dv-sa-services-map/>.

Food Assistance

It is important to care for your body so that you can manage additional stress. If you are worried about not having enough food, visit the Kansas Food Bank assistance locator page to find food resources near you <http://www.kansasfoodbank.org/finding-help/>.

Mental Health

Everyone reacts differently to stress. Any emotions you are experiencing are valid and normal. Unhealthy relationships can make these thoughts and feelings overwhelming. It is important to take steps to care for yourself.

We encourage you to talk to someone who can support you. Please reach out to one of the many crisis support services available to talk about what is going on.

- [National Suicide Prevention Lifeline](#) provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones, and best practices for professionals. Call 1-800-273-8255 or 1-888-628-9454 for Spanish.
- [Crisis Text Line](#) is a free, 24/7, confidential text message service for people in crisis. To reach a crisis counselor, text Kansas to 741741.
- [Kansas Community Mental Health Centers](#) (CMHCs) offer crisis services 24/7. Contact the CMHC for the county you are currently in for crisis services.
- [Veterans Crisis Line](#) offers 24/7, confidential support to veterans, service members, National Guard and Reserve members, and their family member and friends. Call 1-800-273-8255 and Press 1 or text 838255.

Contact Tracing

If you have received a call, text or email from a public health official regarding contact with a person who has tested positive for COVID-19, or you have tested positive, it is important that you speak with the official. They may ask you questions about who you have had contact with, your address, what places you may have visited as well as other information related to the spread of COVID 19. The information you provide is protected health information and cannot be shared with anyone other than designated public health officials.

