

MANAGING FAMILY VIOLENCE DURING COVID-19

Being at home during COVID-19 can result in an increase in violence towards women and children. If this applies to you, here are some tips for coping:

1. Have a safety plan. Keep your phone charged and with airtime. Put emergency numbers in your phone. Have an emergency bag ready. Tell your children the plan.
2. You can ask the police for a protection order.
3. Self-care. Get enough sleep, eat properly, exercise. Do what helps you to take your mind off the stress.
4. Connect with friends, family, a support group or a counsellor online or on the phone

Contacts (keep trying they may be busy)

- GBV Command Centre Call 0800 428 428; Send a “Please Call Me” by dialling *120*7867# SMS ‘help’ to 31531
- People Opposing Women Abuse (POWA) www.powa.co.za tel: 0800 029 999
- Lifeline’s Domestic Violence line 0800 150 150
- Tears Foundation www.tears.co.za tell dial *134*7355# or 010 590 5920
- Rape Crisis 021 447 9762 ; WhatsApp 083 222 5164
- South African Depression and Anxiety Group (SADAG) www.sadag.org – has many helplines 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others

For more info and helplines visit www.messagesformothers.co.za or www.pmhp.za.org