



Dear friends,

For thousands of people, home is the most dangerous place for them to be.

Survivors of domestic violence and child abuse often rely on going to work or school as a reprieve from the dangers they face at home. With teleworking and virtual school in place, survivors are at greater risk. **In fact, research of past crisis events highlight that the number of incidents and the intensity of domestic violence and child abuse often increase at these times.**

If you or someone you know is concerned about sheltering in place or social distancing in an abusive home, please call 1-800-799-7233. If you're unable to speak safely, [you can log onto thehotline.org](https://www.thehotline.org) or text LOVEIS to 22522.

While our Margaret's Place rooms may be physically closed, our work continues – and we adapt. Our counselors are:

- Reaching out to all of our counseling participants to provide transitional support, such as safety planning, information on safe coping strategies, and referrals to other mental health practices if they wish to continue counseling.
- Compiling informational sheets and packets to provide techniques on coping with stress, supporting self-care, and more.
- Seeking new ways to offer our violence prevention workshops virtually.

We also wanted to share information with all of you. ***[Please visit our new COVID-19 resources page for some helpful tips and additional resources that you may find useful.](#)*** We will continue to update this page in the days and weeks ahead.

On behalf of the entire Safe At Home team, we hope you and your loved ones stay safe and well at this time. Please know that we are here for you.

We are grateful for your continued support of this important work. For more information, [go to joetorre.org](https://www.joetorre.org).

Thank you,

A handwritten signature in blue ink, appearing to read "Tracy Weber-Thomas".

Tracy Weber-Thomas
Acting Executive Director

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