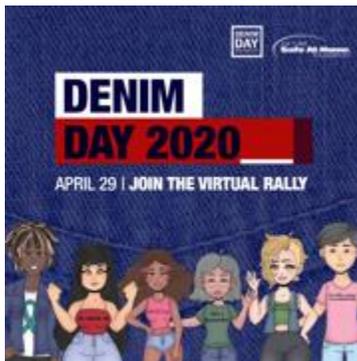




We know that the past few weeks have been incredibly challenging and that many people are struggling – to stay healthy, to make ends meet, and to stay safe. [Read our co-founder Joe Torre's op-ed to learn more about the particular challenges that our participants and their families face.](#)

Today, we want to share some hope. The Safe At Home team is rising to the challenge that these unique times have created. We are finding new ways to support our participants – and to support you. Read on for highlights, resources, and more.



Denim Day: Raising Awareness on Sexual Assault

Each year, April presents an opportunity for us to commemorate Denim Day and bring awareness on sexual assault. Our peer leaders use that time to come together and dispel the myths around sexual assault, and to show their support for survivors. This year, our rallies and activities went virtual! [Check out our website for a full recap on how we commemorated this day, including special videos from Ali and Joe Torre.](#)



Introducing Self-Care Sundays

As we transition our work to the virtual space, we are excited to introduce a new mini video series: Self-Care Sundays with Safe At Home. Our therapists will be sharing a brief tip or activity with you once a week - every Sunday - to reduce stress and showcase new ways to take care of yourself. [Check out our new YouTube playlist for Self-Care Sundays!](#)



Support Safe At Home

Thousands of young people are relying on Safe At Home right now – even though they are not physically in our Margaret's Place rooms. We understand that this is a difficult time for many, but if you are able, [we hope you'll consider a gift to support Safe At Home today.](#)

Managing Your Stress Response in Crisis

Stressbusters for Parents

- Breathe:** Inhale through your nose, and exhale through your mouth. Let your exhale last longer than your inhale.
- Notice:** acknowledge, and honor your feelings without judgment, and without trying to change them.
- Minimize:** triggering news and social media sources. Limit your intake and consider your sources.
- Build:** structure and routine where you can. Can you start or end your day with a small, familiar ritual?

Managing Stress

Stress is the body's physical, mental, and emotional reaction to any major event that requires an adjustment or response. It's a normal part of life – but unfortunately is one that is exacerbated during times of crisis, like the current COVID-19 pandemic. Our Associate Vice President of Programs, Jennifer Herbert, has prepared a list of stress busters – small actions you, your children, and your families can take to stay calm. [View our full list of tips on our website.](#)

National Domestic Violence Hotline:
1-800-799-7233

Crisis Text Line:
Text TALK to 741741

National Suicide Prevention Lifeline:
1-800-273-TALK.

In Case of Emergency

If you or someone you know is concerned about sheltering in place or social distancing in an abusive home, please call the National Domestic Violence Hotline at **1-800-799-7233**. If you're unable to speak safely, you can securely chat on thehotline.org or text LOVEIS to 22522. If you are struggling with your mental health, you can also use the Crisis Text Line: **Text TALK to 741741**, or call the National Suicide Prevention Lifeline: **1-800-273-TALK**.



Resources For Families

If you are looking for mental health support, information on food banks or free meals, or access to discounted internet services, our therapists have [compiled a full list of resources for our participants and our supporters.](#) Many of these resources are focused on New York City, but you can [visit our COVID-19 Resources page for additional options if you live in other states.](#)

Make a donation

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