COVID-19 may mean that people are isolated in homes that may not be safe. We want people to know they are NOT alone during this pandemic.

Helpful Tips:

- Reach out to trusted friends, coworkers, or family for support and to create a safety plan.
- Practice self-care. Take time for health & wellness checks with yourself when possible.
- Consider if you can stay with friends or family while sheltering in place.

Resources: