COVID-19 Safety Plan
HOPE IS STILL HERE

The Guilford County Family Justice Center is open and here to help.
336-641-7233 (SAFE)
@GuilfordFJC

Walk - in Hours
M - F 8:30 am - 1 pm

Greensboro:
201 S. Greene St.

High Point:
505 E. Green Dr.

Family Service of the Piedmont 24/7
Crisis Hotline:
336-273-7273

24/7 National Domestic Violence Hotline:
1-800-799-7233
COVID-19 and Domestic Violence

- Even with the North Carolina Stay at Home order you can leave your home to access safety resources.
- Your safety is essential and there are resources available to help.

Safety Tips

- **Have a plan before the crisis.** Most places are closed, know what public places are open in your area. Use a work reason or essential errand (e.g., grocery shopping or picking up prescriptions) to leave the home, if needed.
- **Pay attention to your abuser's daily routine.**
- **Be aware of your surroundings.** If an argument begins to escalate while at home, try to move into the bedroom or living room.
- **Avoid wearing items around neck** that can potentially be used to strangle you.
- **Check-in daily with a neighbor or family member** that you trust. Develop a code word or signal when you need help.
- **Gather essential items** that you may need if you have to leave your home quickly. (e.g., Carry your ID, extra set of keys & any Credit Cards).
- **Memorize the FJC phone number.** It's easy! **336-641-SAFE.**
- **If you are in immediate danger, call 911.**

Online Resources

- www.thehotline.org
- www.myplanapp.org
- www.thevigor.org/vigor-safety-planning-tool
- www.smart911.com

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