

COVID-19 Resource: Relationship Assistance

*Due to COVID-19 services and programs are changing rapidly.
Please contact agencies directly to determine the availability of their individual programs.*

360 Communities

Lewis House

- [Lewis House](#) provides emergency housing to survivors of domestic and sexual violence. Support groups and additional support navigating the court system are available. Lewis House offers Family/Youth Advocates as well as Sexual Assault Advocates to help provide answers to questions, offer referrals for professional therapy and other services, and run support groups. Call the Lewis House at 651-452-7288.

Sexual Assault Services

- Sexual Assault Advocates can help sexual assault survivors regain their sense of safety and cope with the trauma they have endured. Call the 24-hour hotline at 651-405-1500.

Support Groups

- For more information on support groups offered by 360 Communities, visit the [website](#).

HelpRoom

Through a partnership with the Rape, Abuse, and Incest National Network (RAINN), 360 Communities is offering an online group chat for victims of domestic and sexual violence called [HelpRoom](#). HelpRoom provides a safe, confidential, supportive space for victims/survivors to connect with their peers and advocates online. It is user friendly and participants can access it via any device that has internet (phones, tablets, computers, etc.).

Casa de Esperanza

- [Casa de Esperanza](#) offers culturally specific Latinx based advocacy focusing on culture, values, and family beliefs. Highly trained advocates are bilingual and bicultural.
- Call the 24-hour bilingual domestic violence crisis line at 651-772-1611.

Day One Services

Day One Services: Provides national advocacy and support for domestic assault, sexual assault and violence, human trafficking.

Crisis line: 1.866.223.1111

Text: 612.399.9995

[Domesticshelters.org](#) (online support groups)

[Domesticshelters.org](#): Provides online chat and support groups for domestic and sexual violence.

Futures Without Violence

[Futures Without Violence](#): National online organization with webinars, resources, blogs and support for all ages and communities.

Life Development Resources

[LDR Relational Health Programs](#): Offers telehealth skills groups for men and women. Groups provide skillsets, support and teach healthy boundaries.

Love is Respect Org

[Love is Respect for Yourself](#): Trained professionals are available 24/7 for questions about dating abuse and healthy relationships as well as crisis intervention.

Call: 1-866-331-9474 (1-866-331-8453 TTY for Deaf/hard of hearing individuals)

Text: Text* "loveis" to 22522

**Live Chat available online*

Minnesota Coalition Against Sexual Assault (MNCASA)

[MNCASA COVID-19 Resources](#): Raising awareness and working toward mitigating the impact of COVID-19 on victims and survivors.

National Domestic Violence Hotline

[Staying Safe During COVID-19](#): A 24/7 hotline that provides trained advocacy, safety planning, resources and hope.

[Deaf services](#)

OutFront Minnesota

[OutFront Minnesota Anti-Violence](#): Advocacy Services for LGBTQ experiencing domestic or sexual violence.

Sexual Violence Center

[Sexual Violence Center Help Room](#): Provides an anonymous online group chat option that allows members of the community who have been affected by sexual violence to connect with one another. Trained staff will facilitate group discussions to ensure a safe environment for all visitors to discuss topics and experiences related to sexual violence.

StrongHearts Native Helpline

[StrongHearts Helpline](#): A safe dating and domestic violence helpline for American Indians and Alaskan Natives, offering culturally-appropriate support and advocacy daily from 7:00 am-10:00 pm.

Call: 1.844.762.8483

ThinkSelf

[ThinkSelf](#): Provides education and advocacy to Deaf, Deaf-Blind, Deaf-Disabled, and hard of hearing adults.

Twin Cities Men's Center

<https://tcmc.org/>

612-822-5892

The Trevor Project

The Trevor Project Healthy Relationships: Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

24/7 help:

Call: 1.866.488.7386

Text: Text START to 678678

**Live Chat available online*

The Vigor

The Vigor Safety Planning Tool: A safety planning tool designed to help survivors assess their risk and develop a personalized plan (available in multiple languages).

Violence Free Minnesota

Violence Free Minnesota: Statewide coalition for over 90 member programs working together to end relationship violence.