

COVID-19 Resource

Relationship Assistance

Updated December 1, 2020

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

Organization	Support/Resource
360 Communities	<p>Lewis House and Outreach Services: Provides emergency housing from domestic and sexual assault. Additional support navigating the court system and support groups.</p> <p>24/7 Hotline: 651.452.7288</p> <p>Sexual Assault Services: Provides support, answers to legal and medical questions and support groups for survivors and family/friends of survivors.</p> <p>24/7 Helpline: 651.405.1500</p> <p>Help Room: New Online Group Chat for Victims of Domestic and Sexual Violence 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 Help Room. The Help Room 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.)</p> <p>Sexual Violence Support Group Tuesdays from 1pm-2:30pm</p> <p>Domestic Violence Support Group Thursdays from 1pm-2:30pm</p> <p>Domestic and Sexual Violence Support Group Wednesdays from 7pm-8:30pm More info and access to these groups can be found by following this link</p>



Wash your hands.



Stay home when sick.



Cover your cough.



Keep 6 feet apart.



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Casa de Esperanza	<p>Casa de Esperanza: Offers culturally specific Latinx based advocacy focusing on culture, values, and family beliefs. Highly trained advocates are bilingual and bicultural.</p> <p>24/7 Bilingual domestic violence helpline: 651.772.1611</p>
Day One Services	<p>Day One Services: Provides national advocacy and support for domestic assault, sexual assault and violence, human trafficking.</p> <p>Crisis line: 1.866.223.1111</p> <p>Text: 612.399.9995</p>
Domesticshelters.org (online support groups)	<p>Domesticshelters.org: Provides online chat and support groups for domestic and sexual violence.</p>
Futures Without Violence	<p>Futures Without Violence: National online organization with webinars, resources, blogs and support for all ages and communities.</p>
Life Development Resources (LDR)	<p>LDR Relational Health Programs: Offers telehealth skills groups for men and women. Groups provide skillsets, support and teach healthy boundaries.</p>
Love is respect org	<p>Love is Respect for Yourself: Trained professionals are available 24/7 for questions about dating abuse and healthy relationships as well as crisis intervention.</p> <p>Call: 1-866-331-9474 (1-866-331-8453 TTY for Deaf/hard of hearing individuals)</p> <p>Text: Text* "loveis" to 22522</p> <p><i>*Live Chat available online</i></p>
Minnesota Coalition Against Sexual Assault (MNCASA)	<p>MNCASA COVID-19 Resources: Raising awareness and working toward mitigating the impact of COVID-19 on victims and survivors.</p>
National Domestic Violence Hotline	<p>Staying Safe During COVID-19: A 24/7 hotline that provides trained advocacy, safety planning, resources and hope.</p> <p>Deaf services</p>
OutFront Minnesota	<p>OutFront Minnesota Anti-Violence: Advocacy Services for LGBTQ experiencing domestic or sexual violence.</p>



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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 <i>*Live Chat available online</i>
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.

For up to date, accurate information, visit the [Minnesota Department of Health \(MDH\) COVID-19 webpage](#), the [Centers for Disease Control \(CDC\) Coronavirus webpage](#), or the [Dakota County COVID-19 webpage](#).



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