

CR-TTAC May 2020 Newsletter

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COVID-19's Impact on Domestic Violence

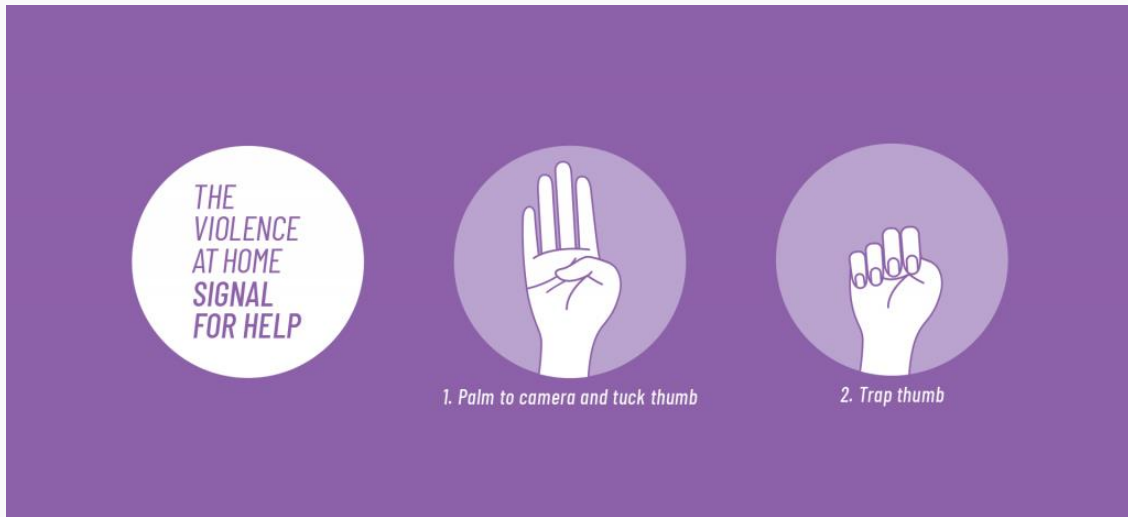
The National Domestic Violence
HOTLINE
1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

If you cannot talk safely,
you can log
onto thehotline.org or text
LOVEIS to 22522.

Isolation, stress, fear, anxiety, and financial worry can create a very dangerous environment for those who live with abusive partners. According to the National Domestic Violence Hotline, there are some specific ways COVID-19 may be impacting intimate partner violence such as:

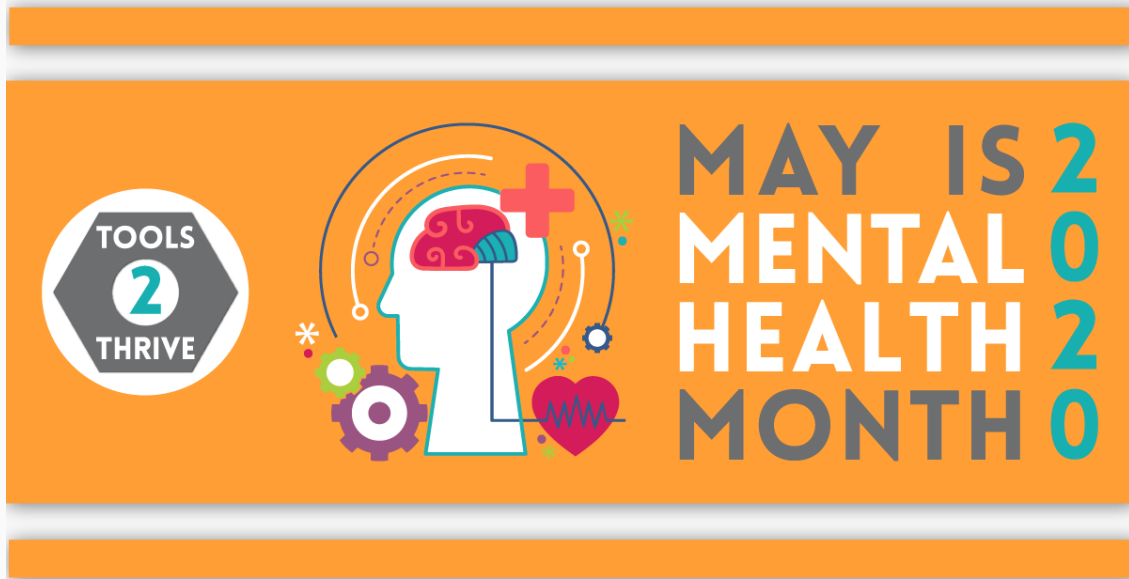
- Abusive partners may withhold necessary items, such as hand sanitizer or disinfectants.
- Abusive partners may share misinformation about the pandemic to control or frighten survivors, or to prevent them from seeking appropriate medical attention if they have symptoms.
- Abusive partners may withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention if they need it.
- Programs that serve survivors may be significantly impacted -- shelters may be full or may even stop intakes altogether.
- Abusers may use COVID-19 as a scare tactic to keep survivors away from their children and families
- Travel restrictions may impact a survivor's escape or safety plan – it may not be safe for them to use public transportation or to fly.
- An abusive partner may feel more justified and escalate their isolation tactics

More information on resources for survivors of domestic violence can be found at [thehotline.org](https://www.thehotline.org).



With cases of interpersonal partner violence increasing around the world, the Canadian Women's Foundation created a signal that survivors can use during virtual video calls to indicate they are in need of help without leaving any evidence such as a call or text history. It has since been adopted by over 40 organizations across the United States and Canada as another tool that those in abusive situations can use to signal that they need help.

May is Mental Health Awareness Month



Facts below cited by the National Council for Behavioral Health

- **1 in 5 adults in America experience a mental illness.**
- **Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.**
- **One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.**
- **Approximately 10.2 million adults have co-occurring mental health and addiction disorders.**

The statistics cited above are predicted to grow over the next several years following the COVID-19 Global Pandemic. An article written by Ben Wan in the Washington Post reports "Nearly half of Americans report the coronavirus crisis is harming their mental health, according to a Kaiser Family Foundation poll. A federal emergency hotline for

people in emotional distress registered a more than 1,000 percent increase in April compared with the same time last year." Fear, social isolation, financial strain, illness, and loss of loved ones are leading to higher levels of anxiety, depression, substance use, and suicide. We can help stop these numbers from rising by sharing resources and acknowledging that it is okay to not be okay. If you or a loved one are experiencing difficulties with Mental Health, please visit the links below for helpful resources.

[Substance Abuse and Mental Health Services Administration](#)

[National Council for Behavioral Health](#)

Help Normalize Mental Health Screening

Our mental health is just one piece of our overall wellbeing. COVID-19 has created an increase in unemployment, illness, death, and social isolation. Now more than ever we should be checking in on our own mental health as well as of those we love. It should be as normal to take a mental health screen as it is to screen for other chronic health conditions, like heart disease or diabetes. To help normalize mental health screening, Mental Health America is aiming to get a million people to take a free mental health screen. You can help them reach their goal by taking a screen at [MHAscreening.org](https://www.mhascreeing.org).

**TAKING A SCREEN IS AN
EASY WAY TO CHECK IN ON
YOUR MENTAL HEALTH.**



**HELP US REACH OUR GOAL
OF A #MILLIONINMAY.
VISIT [MHASCREENING.ORG](https://mhascreening.org).**



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