We know that not everyone’s home is safe. The coronavirus crisis is causing stress, anxiety, and relational isolation that may increase abusive behavior between members of a family or household, or in relationships. Abuse can happen online as in cyber-bullying or cyber-harassment. Online behavior by a partner, family member or someone else can also be abusive if it makes you feel scared or unsafe.

Cyber-bullying or cyber-harassment is behavior that is intended to humiliate, control or scare the person being targeted. It’s not legal, and it’s not OK.

Cyber-bullying or cyber-harassment includes, but is not limited to: sending or spreading photos or videos of you without your consent, impersonating you or hacking into your online accounts, spreading rumors about you, targeting you in groups or online, stalking (following someone around or leaving unwanted messages on their phone or computer), and sharing photos or videos of you without your consent.

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Stay at home policies and social distancing can make people feel powerless and not in control of their lives. People may misuse substances like alcohol or drugs as a way to cope, which may也只有 the possibility of violence and abuse if they misuse substances.

You may also have fewer resources for safety planning, reach out to someone you trust, or connect with one of the resources below.

1. If you or someone you know are in immediate danger, call 911
2. If you need help or someone to talk to outside of your school, NYC Well is a free hotline that provides 24/7 support, crisis counseling and connection to mental health and substance misuse services, regardless of insurance coverage or immigration status. Visit this link for more information about participating providers. NYC Well is a free hotline that provides 24/7 support, crisis counseling and connection to mental health and substance misuse services, regardless of insurance coverage or immigration status. Visit this link for more information about participating providers.

If you feel unsafe in your home and you need somewhere to go: Call 911 in an emergency. You can create signals indicating an emergency (e.g., pounding on the floor, flickering a light in a window, or using a code word on the telephone).

You can fill out the form on this website in order to connect with a counselor or, during business hours, you can call their helpline at 1-800-214-4150 or 646-535-3291.

The NYC Department of Youth and Community Development is continuing to provide safe spaces for our young people. To find out about programs and drop-in centers, call 1-800-246-4646 or 1-646-535-3291.

The Trevor Project offers support for LGBTQ youth. You can call their Lifeline at 1-866-488-7386, chat with a counselor online at TrevorChat, or text “START” to 646-535-3291.

Texting, phone calls, video chats, and a safe space to talk are all important ways to cope. If your symptoms of stress become overwhelming, reach out to someone you trust, or connect with one of the resources below.

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Connect to free resources for information, safety planning, and support:

1. Reach out to your teacher or guidance counselor if you want to talk to someone from school.
2. Learn more about the warning signs of abusive relationships from the NYC Department of Youth and Community Development.
3. Visit the NYC Hope Resource Directory at nyc.gov/NYCHOPE.

You Are Not Alone: New York City is here for you.

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