It’s no secret COVID-19 is stressful for all of us. Child abuse is very likely to increase as children have been isolated from the people who typically make reports, such as teachers and day care providers. Without this safety net, many children are in danger.

Share these tips with families you know:

- Have a safety plan before you get overwhelmed.
- Keep an eye on families you know are struggling.
- Try to contact children who may be at risk through video calls or text.
- You can anonymously request a wellness check of a child without proof of abuse.
- Help is available if the stress starts to impact your ability to parent.
For Youth... Someplace to Go. Someone to Help.

IF YOU ARE 17 OR YOUNGER:

Go to any Safe Place® and ask for help.

Or TXT 4 HELP - Text the word SAFE and your current location (address, city, state) to 4HELP (44357) for immediate help.

Calls are confidential, available 24 hours a day, 7 days a week.