SURVIVORS

Helpful Tips

• **Stay connected with family and friends.** Creating a routine of checking in with loved ones provides consistent, supportive interactions. Encourage them to also check in with you.

• **Create a safety plan.** If possible, make a contingency plan if your situation becomes dangerous so you can safely exit the situation.

• **Don’t forget about self-care.** Even in these difficult times, getting enough sleep, eating right, and doing activities you enjoy are both comforting and necessary.

• **Get help if you need it.** Keep contact information of loved ones or local agencies that can help if there is an emergency.

• **Be an ally.** If know a survivor, check in on them, listen without judgement, and share resources for additional support.

Resources for Consideration

• **House of Ruth Maryland:** For those experiencing intimate partner violence, call their 24/7 hotline at 410-889-7884 or visit their [website](#).

• **RAINN:** Offers confidential support for survivors of sexual assault. Find resources on their website or call 800-656-HOPE (4673)

• **National Sexual Violence Resource Center:** Whatever your situation, find a variety of different resources on their [Resources for COVID-19 Response](#) webpage.

• **Greater Baltimore Medical Center:** The [SAFE (Sexual Assault Forensic Examination) Program](#) includes legal services, sexual exploitation and human trafficking resources, and comprehensive services on the web.

Visit [www.loyola.edu/studentdevelopment](http://www.loyola.edu/studentdevelopment) for additional Loyola campus resources