

# Against Violence in the Home

Violence (psychological, physical, sexual) in the home has increased worldwide during the COVID-19 pandemic.

## What Psychologists Can Do

### 1. OFFER SUPPORT, SHARE RESOURCES

Individuals who have experienced violence in the home are more likely to seek help when they believe they will receive the protection and support required to change their situation. This is challenging in a global crisis like COVID-19 because social isolation during quarantine can increase risk and result in additional barriers to accessing support services.

**Act to identify individuals at risk. Protect people by gaining familiarity with local services.**

### 2. START THE CONVERSATION IN YOUR COMMUNITY

The COVID-19 crisis and related stressors have contributed to an increase in different types of violence in homes and communities. Many people may not realise that they or those around them are in a violent situation or know what resources are available to them, since violence is often normalised and may be less visible during the COVID-19 crisis.

**Educate communities about the signs of different types of violence and ways to help.**

### 3. THERE IS NO HEALTH WITHOUT MENTAL HEALTH

Individuals who have been victims of violence associated with a crisis or disaster may experience significant long-term mental health impacts, including post-traumatic stress, depression, anxiety and other developmental challenges.

**Advocate for accessible services to address immediate needs and long-term issues.**

### 4. SEE THE PERSON NOT THE STEREOTYPE

Violence must be viewed in the context of the individual's circumstance. The trauma of violence may be magnified by prior experience.

**Learn how to provide comprehensive care according to unique needs.**

## ACTION EXAMPLE

*In Singapore, we have established a 24 hour "National Care Hotline" that provides help to all individuals including those facing abuse and violence. We also have a list of resources and helplines available including PAVE, TRANS SAFE Centre and COMCARE.*

## ASSOCIATION CONTACT INFORMATION



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