

LPP COVID-19 Resources – You are not alone

COVID-19 has thrown us into uncharted territory full of uncertainty. Our current reality is fluid as we try to adhere to the frequently changing governmental orders and recommendations. Many of us are worried about our physical and mental health, families, jobs, finances, among other things that have been upended over the last few weeks. There are also individuals dealing with all of these same issues, but in unsafe or violent environments.

In fact, in March, Salt Lake City police reported that after Utah announced school closures and urged more stringent self-isolation, 911 dispatchers received 30% more domestic violence calls than normal. About 25% more people reached out to the Utah Domestic Violence Coalition for support services.

The Licensed Paralegal Practitioners (LPP) in Utah want you to know that they are available to you as a resource. If you need legal advice at an affordable price, Utah LPPs are here to help.

<https://www.licensedlawyer.org/Find-a-Lawyer/Licensed-Paralegal-Practitioners>

Below is a list of resources that may be helpful if you are in an unsafe situation.

- Utah Courts are still accepting and issuing protective orders and stalking injunctions. The documents can be filed via email and hearings are held telephonically.
https://www.utcourts.gov/resources/forms/protectorder/information.html#protective_order
- Utah shelters are still open and all have COVID-19 policies in place to keep residents healthy. All of Utah's shelters sites can be accessed at *<https://www.domesticshelters.org/help/ut>*
- The National Domestic Violence Hotline is 24/7, confidential and free: **1-800-799-7233** and through **chat**.
- Utah Domestic Violence LINKLine 1-800-897-LINK(5465). Further resources can also be found at *<https://www.udvc.org/resources/get-help-now.html>*

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- The National Sexual Assault Hotline is 24/7, confidential and free:**800.656.HOPE (4673)** and through **chat**.
- The StrongHearts Native Helpline for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities:**1-844-762-8483**
- The Trans LifeLine for peer support for trans folks 9am-3am CT:**1-877-565-8860** *This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.*
- The Deaf Hotline is available 24/7 through video phone (**1-855-812-1001**), email and chat for Deaf, DeafBlind, DeafDisabled survivors.
- National Parent Helpline Monday -Friday 12pm-9am CT emotional support and advocacy for parents:**1-855-2736**

In addition to the above, it may be helpful to create a safety plan, even if it focuses mostly on emotional safety.

<https://www.udvc.org/resources/prevention/safety-planning.html>

If you or a loved one are in immediate danger, call 911. You are not alone.