

The Denver Police Department presents



**LOCK  
OUT  
CRIME**

COVID-19

# PREVENTING DOMESTIC VIOLENCE



Establish healthy habits to help prevent domestic violence during the Stay At Home order. Here are some tips:



## Limit alcohol use.

Come up with a 'Time Out' word where you can remove yourself and go to a different room to cool-down. Discuss this strategy with your partner, identify where the room/area will be, and agree to respect the need for space even if in a middle of an argument.



Look for positive ways to burn off stress; exercise in your home or take a quick walk around the block while observing social distancing.



Find indoor family activities that everyone can enjoy, such as board games, reading or arts and crafts.



Reach out to the Rose Adom Center for support. Although the building is temporarily closed, they are available by phone at 720-337-4400, 8 am to 5 pm, or at [www.roseandomcenter.org](http://www.roseandomcenter.org).

Find a counseling/referral service through the Rose Adom Center; some services may also be available through your health provider.



Reach out to your local faith organizations for spiritual support.

Look for positive movies or shows to watch, limit watching the news or negative information.

Take care of yourself! Contact the Mental Health Center of Denver (MHCD) or the Denver Police MHCD Clinicians if you are experiencing a mental health crisis or would like mental health resources and strategies to get through these challenging times. Call 720-913-2000 for help.

For more resources, visit [denvergov.org/domesticviolence](http://denvergov.org/domesticviolence)



Rose Adom Center  
One Place. Immeasurable Hope.