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 the 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 Andom 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.**

- **Find a counseling/referral service through the Rose Andom 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