



Human Trafficking & The Coronavirus

A Message to Survivors

We know that this is a very tough time for you. You may be feeling uncertain, scared and alone. You may be struggling to make ends meet, stay safe and provide some sense of security for your children and loved ones. We want you to know that we are here with you, working for you every day. Please be assured that there is a community that cares and wants to help.

ALIGHT is continuing to work just as before, connecting you to legal services to solve your problems. Reach out to ALIGHT at (720) 608-6039 for an advocate, legal advisor or attorney to fight for your rights. Please understand that since everyone, including our attorneys, is being affected by the coronavirus, it may take longer than in the past for someone to assist you.

We also want to share other resources provided by our partner Free Our Girls:

- Remember to reach out to friends and family for support - we are all in this together and connection (even a virtual one) is vital to maintaining our health and well-being
- Download an app: Self-Help for Trauma in your App Store (available in several languages)
- Call the National Human Trafficking Hotline: (888) 373-7888
- Call the Substance Abuse and Mental Health Hotline: (800) 662-4357

Read Wellness Message from Dr. Kristy Eldredge, EdD, LPC, NCC, ACS, who specializes in mental health, [here](#).

A Message to the Community

COVID-19 impacts all of us, but the impact goes further for some, deepening existing inequality and vulnerability. Violence does not stop when there is a crisis - in fact, this crisis gives abusers even more power. Victims and survivors of exploitation and trafficking continue to face difficult situations, only now with even fewer resources than before. The majority of

survivors that ALIGHT serves are single mothers with one child or more, struggling to make ends meet and provide some sense of security for their families.

Victims/survivors of human trafficking have additional challenges from those we face, including:

- Self-isolation places them in potentially dangerous and inescapable situations with abusers
- Heightened economic stress from existing debt and non-existent/limited work options
- Additional obligations to be sole care providers of their children during school closings

Your support for the invisible and marginalized is more important than ever. Legal help means removing obstacles so that survivors can access food security, safety and access to food, shelter and work opportunities.

Your support for the invisible and marginalized is more important than ever. Legal help means removing obstacles so that survivors can access basic necessities - food, shelter and work opportunities.

ALIGHT is continuing to work closely with our community partners and attorneys to provide services through our remote, mobile, flexible program. We are seeing that the need is increasing and resources are more limited. We urge our community to donate and help efforts in any way you can. To support ALIGHT, donate [here](#).