

## **Social Post Copy (EN)**

### **Twitter:**

Isolation can increase the risk of violence at home. If this is the case for you, use this covert signal in a video call to show you need help. If you see someone give you this signal on a video call, visit <insert link to your organization help page here> to learn how to help. #SignalForHelp

### **Facebook:**

Isolation can increase the risk of violence at home. If this is the case for you, use this covert signal in a video call to show you need help. If you see someone give you this signal on a video call, visit <insert link to your organization help page here> to learn how to check in safely and how to find support resources in your community. #SignalForHelp

### **Instagram:**

Isolation can increase the risk of violence at home. If this is the case for you, use this covert signal in a video call to show you need help. If you see someone give you this signal on a video call, learn how to check in safely and how to find support resources in your community in the link in our bio. #SignalForHelp

*Instructions for Instagram Stories: Please add the 4 visuals in numerical order to your story, and on the last one, please detail the URL of your local, regional, or national resource page.*