

IS SOMEONE HURTING YOU?

It's not your fault. It's against the law.
It affects your health and your children.

Local agencies can provide: <ul style="list-style-type: none">• support in deciding what to do• legal advice• counseling for you and your children• a safe place to go if you need to leave quickly	Emergency 911 If you call police: <ul style="list-style-type: none">• get name and badge # of officer• get police case #• you have a right to get a restraining order• county Legal Aid Society can help
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COMMUNITY RESOURCES & HOTLINES

Alameda County

Fremont SAVE (works with Afghan Coalition) 510-794-6055
Hayward. . . . Ruby's Place1-888-339-7233
Livermore . . . Tri-Valley Haven1-800-884-8119
Oakland A Safe Place 510-536-7233
San Leandro . Building Futures1-866-292-9688

Monterey County

Monterey YWCA.1-800-992-2151

Sacramento County

Citrus Heights . A Community for Peace 916-728-7210
Sacramento . My Sister's House 916-428-3271
Sacramento . WEAVE.1-866-920-2952

San Joaquin County

Stockton Women's Center of San Joaquin County . . 209-465-4878

San Mateo County

San Mateo CORA1-800-300-1080

Santa Clara County

Gilroy/MHill . . Community Solutions1-877-363-7238
San Jose Next Door Solutions. 408-279-2962
San Jose YWCA.1-800-572-2782

Santa Cruz County

Santa Cruz . . . Walnut Ave. Women's Center.1-866-269-2559
Watsonville . . Women's Crisis Support1-888-900-4232

Stanislaus County

Modesto. Haven Women's Center1-888-454-2836

Additional Community Groups

Asian Asian Women's Home (San Jose) 408-975-2739
South Asian . . AASRA (Fremont).1-800-313-2772
South Asian . . Maitri (San Jose).1-888-862-4874
LGBT CUAV (San Francisco) 415-333-4357
Men Next Door Solutions (San Jose). 408-279-2962
Deaf Deaf Hopedeafhope@deaf-hope.org

NATIONAL RESOURCES AND HOTLINES

National Domestic Violence . 1-800-799-SAFE(7233) [TTY 1-800-787-3224]
National Teen Dating Abuse. . . . 1-866-331-9474 [TTY 1-866-331-8453]
National Sexual Assault.1-800-656-4673
National Stalking Resource Center <http://ncvc.org/src>
National Suicide Hotline1-800-273-8255

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Everyone's plan might be different.
You know what works best for you. Here are some options.

HOW SAFE ARE YOU?

Plan now where you can go if you don't feel safe.

If any of the following are true, your situation may be more dangerous.

- Has the violence been getting worse, more often, or scarier lately?
- Has your partner ever choked you, or hurt you when you were pregnant?
- Has your partner ever injured pets or someone outside the home?
- Does your partner have an alcohol or drug abuse problem?
- Is there a gun in the house?
- Are the children in danger?
- Does your partner know you are planning to leave?
- Has your partner threatened to kill you/him/herself?

IF YOU STAY

Increase safety at home

- try to remove yourself and children before violence begins
- you can ask police to remove a gun from your home
- in an argument avoid rooms with no exits or possible weapons
- avoid wearing scarves and long necklaces at home
- put a phone in a room you can lock, and plan an escape route
- tell someone – choose a signal with neighbors to call police

Increase safety for your children

- teach them to call 911 and know their address and phone number
- make a code word for them to call 911
- plan and practice an escape route and a safe place to go
- teach them not to get in the middle of a fight

IF YOU DECIDE TO LEAVE

- Leaving is a time of high risk for injury or death
- Before you leave, call a hotline for advice on your plan
- You can ask police to protect you when you leave
- **DON'T TELL YOUR PARTNER BEFORE YOU GO**
www.thehotline.org www.womenslaw.org

Pack a bag and hide it, or give it to someone you trust

- clothes, jewelry, money
 - cash, change for pay phones, credit & ATM cards
 - checkbook, bank account #s, pay stub
- keys (house, car, office, safety deposit box)
- phone, phone calling card, phone/address book
- medications, glasses, toiletries, diapers, pictures, keepsakes, toys, books

Make copies (if safe) or take important papers

- birth certificates/passports/soc. sec./immigration/work permits
- driver's license/picture ID/marriage/divorce/custody papers
- titles/deeds/car registration/car and other insurance
- lease/rental papers/rent receipts
- health insurance cards/important medical records
- school records/immunization (shot) records
- evidence of abuse: journal/photos/police or medical reports/ROs
- photos of abuser to give to school, office security, etc.

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