

IS SOMEONE HURTING YOU?

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

Local agencies can offer: <ul style="list-style-type: none">• support in deciding what to do• legal options• counseling for you and children• a safe place to go in an emergency	Emergency 911 <ul style="list-style-type: none">• ask police to take pictures• get name and badge # of officer• get police case #• you have a right to be protected, see below
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SAN MATEO COUNTY

COMMUNITY DOMESTIC VIOLENCE AGENCIES & HOTLINES

CORA (Community Overcoming Relationship Abuse) . . . 1-800-300-1080
Keller Center for Family Violence Intervention 650-573-2623
Rape Trauma Services 650-692-7273
LGBT CUAV (San Francisco) 415-333-4357
Deaf Deaf Hope deafhope@deaf-hope.org

OTHER COMMUNITY SERVICES & HOTLINES

Childcare, Food, Healthcare, Housing, Employment. 211
StarVista Crisis Line. 650-579-0350
Healthy Homes (young child counseling for DV) 650-579-0361x55
Child Abuse/Neglect Hotline 1-800-632-4615 . . . 650-595-7922
Elder or Dependent Adult Abuse/Neglect Hotline 1-800-675-8437
Victim Witness Assistance Program 650-599-7479
Can repay costs of medical/counseling for you & kids, moving, lost wages

LEGAL HELP

CORA agency (see above) can help fill out forms
Bay Area Legal Aid (also has RO clinic) . 650-358-0745 . 1-800-551-5554
Bar Association Lawyer Request Line 650-369-4149
Legal Aid Society. 650-558-0915 . 1-800-381-8898
Asian/Pacific Islander Legal Outreach. 415-567-6255
District Attorney Domestic Violence Victim Advocate . . . 650-599-7330

PROTECTION

Emergency Protective Restraining Order (EPRO)
You ask police for this at the scene - good for up to 7 days - it can prevent your partner from contacting you or your children, or living in your home
Temporary (TRO) or Permanent (DVRO) Restraining Orders
You file papers for TRO at 400 County Center, RC or 1050 Mission Road, S. SF – if approved and after a court hearing, a long term RO is possible
Victim Notification System (if the abuser is arrested)
Register to be notified of release on bail 1-800-464-3568

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 Suicide Hotline 1-800-273-8255

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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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