

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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NATIONAL RESOURCES & HOTLINES

National Domestic Violence 1-800-799-SAFE(7233)
Deaf deafhelp@thehotline.org or [TTY 24/7 1-800-787-3224]
National Teen Dating Abuse 1-866-331-9474 [TTY 1-866-331-8453]
National Sexual Assault 1-800-656-HOPE(4673)
National Stalking Resource Center www.ncvc.org/src
National Human Trafficking 1-888-373-7888
National LGBT help@lgbthotline.org 1-888-843-4564
National Suicide/Crisis 1-800-273-8255

ADULT PROTECTIVE SERVICES (California hotlines by County)

Help for elders age 65+ or dependent/disabled adults
<http://www.cdss.ca.gov/inforesources/County-APS-Offices>

CHILD PROTECTIVE SERVICES (California hotlines by County)

<http://www.cdss.ca.gov/Reporting/Report-Abuse/Child-Protective-Services/Report-Child-Abuse>

FIND LOCAL SERVICES

Childcare, Housing, Jobs, Food, Health/Mental Health 211
Victim/Witness Help 1-800-777-9229
Can repay costs for medical bills, counseling for you and your children, moving, and loss of wages.

LEGAL HELP

DV Agencies – free general legal information and help with forms
County Court Clinic – free information and legal aid referral
Self-Help Centers http://www.sccourt.org/self_help/shcffo.shtml
Immigration help <https://www.immigrationlawhelp.org/>

LEGAL PROTECTION

(<http://www.courts.ca.gov/1260.htm>)

Emergency Protective Restraining Order (EPRO)

Ask police for this after they arrive – good for up to 7 days – it can stop your partner from contacting you/your children, or living at home

Temporary (TRO) or Permanent (DVRO) Restraining Orders

You file papers for TRO at your county court house – if TRO is approved, a long term or permanent RO is possible after a court hearing

Victim Notification System (if the abuser is arrested)

Register to be notified of release on bail. 1-800-464-3568

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, you are at increased risk for severe injury or death. Call a hotline or ask to speak with a medical social worker to plan on how you and your children can be safer.

- Has the physical violence been getting worse or more often over the past year?
- Has your partner or ex ever used a weapon against you or threatened you with a weapon?
- Has your partner or ex ever beaten you while you were pregnant?
- Do you believe your partner or ex is capable of killing you?
- Has your partner or ex ever tried to choke (strangle) you?
- Is your partner or ex violently and constantly jealous of you?

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.