

## IS SOMEONE HURTING YOU?

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

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

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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, 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](http://www.thehotline.org)   [www.womenslaw.org](http://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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