

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 AND HOTLINES

Alameda County

Fremont SAVE (works with Afghan Coalition) 510-794-6055
Hayward Emergency Shelter Program 1-888-339-7233
Livermore Tri-Valley Haven 1-800-884-8119
San Leandro Building Futures 1-866-292-9688

Monterey County

Salinas Women's Crisis Center 831-757-1001
Marina Shelter Outreach Plus 1-800-339-8228

Sacramento County

Sacramento WEAVE 1-866-920-2952
Citrus Heights DV Intervention Center 916-728-7210

San Joaquin County

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

San Mateo County

San Mateo CORA 1-800-300-1080

Santa Clara County

Gilroy/MHill Community Solutions 408-683-4118
San Jose Next Door Solutions 408-279-2962
Sunnyvale Support Network for Battered Women 1-800-572-2782

Santa Cruz County

Santa Cruz Walnut Ave. Women's Center 1-866-269-2559
Watsonville Women's Crisis Support 831-685-3737

Stanislaus County

Modesto Haven Women's Center 1-800-834-1990

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
GLBT CUAV (San Francisco) 415-333-4357
Men Next Door Solutions (San Jose) 408-279-2962
Deaf Deaf Hope hotline@deaf-hope.org TTY 510-733-3133

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 1-800-391-2255

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How safe are you?

Plan now on 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 or injured you while you were pregnant?
- Has your partner ever injured someone outside the home?
- Has your partner ever injured a pet or destroyed items you cared about?
- 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?

Increase safety at home

- avoid kitchen and bathroom
- remove or disable gun/weapons from home
- put a phone in a room you can lock
- plan an escape route
- tell someone – make a signal with neighbors to call the 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 an escape route
- teach them not to get in the middle of a fight

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

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

Bring or make copies of important papers

- birth certificates, passports, soc. sec., immigration
- driver's license/picture ID
- marriage/divorce/custody papers/restraining orders
- titles, deeds, car registration
- rent receipts
- health insurance cards/important medical records
- school records/immunization (shot) records
- journal/photos of abuse
- photos of abuser to give to school, office security, etc.

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