



Safety Information

If you or someone you know is being victimized, here are some things that can be done to prepare to leave an abusive situation:

1. Compile important documents, such as birth certificates, diplomas, social security cards, immunization records, etc.
2. Record important information - Keeping a journal of the abuse will be very helpful when preparing for court.
3. Safe Pet Program - For the period you will be staying in the safe dwelling, you will need copies of vaccine records for any animals, and proof of ownership in your name.
4. List Phone numbers in a small address book, such as physicians, school, friends and relatives you may not remember in an emergency.
5. Know where you'll go if you need to leave quickly (relative's or friend's home, Sheriffs Department, etc.)
6. Keep extra house/car keys with you, and "get away" money. You should try to keep enough money with you for a hotel room and for food.
7. Have an overnight bag packed. Put clothes/grooming supplies or important documents in a bag, or keep at a friends place.
8. Finances:
 1. Open your own checking account;
 2. Apply for your own credit cards;
 3. Carefully access jointly held credit cards.
9. Alert a neighbor. Explain to a neighbor what is happening; ask neighbor to call police if he/she hears anything strange.
10. If you are afraid - leave. You know your batterer's patterns, follow your instincts.
11. In an attack, don't trap yourself. Don't enter a room that doesn't have outdoor access, don't back yourself into a corner, etc.
12. Stay calm. You are prepared. You will walk out and possibly save your life.
13. If you are taking prescription medicine, bring the medication with you.
14. If you are unable to stay with a friend or family member, or if doing so isn't safe, you may be able to stay in the safe dwelling. Call 376-HELP (376-4357) if you are in a violent relationship and want to leave. Staff members can assist with filing an order of protection. If you have children you may wish to file for temporary custody, in which staff members can assist you.