

CONTRA COSTA COUNTY AREA

You have the right to be Safe!

Is Someone You Love

Hitting you? Hurting you?
Threatening you? Putting you down?

Emergency

(police, fire, ambulance)
911

You Are Not Alone

Help is available to you and your children.
Let us know. We can help.

Most phone numbers on this sheet are for 24-hour hotlines that can help you get to safety. You don't have to be in immediate danger to call. These hotlines refer you to counseling, support groups, legal aid, and other services.

Kaiser Permanente Resources Talk with your doctor or nurse practitioner, or call the Psychiatry Department at your local facility.

COMMUNITY RESOURCES

HOTLINES

STAND! Against Domestic Violence.....(888) 215-5555
NARIKA (South Asian Women).....(800) 215-7308
Community Violence Solutions (San Pablo).....(510) 237-0113

COMMUNITY RESOURCES – Nearby Counties

A Safe Place – Oakland.....(510) 536-7233
SafeQuest Solano – Vallejo.....(707) 557-6600
La Casa de Las Madres.....(877) 503-1850
Korean Community Center of the East Bay - Oakland.....(510) 547-2360
W.O.M.A.N., Inc.– San Francisco.....(877) 384-3578
Center for Domestic Peace (Home of Marin Abused Women's Services).....(415) 924-6616
Center for Domestic Peace - Spanish-speaking only(415) 924-3456
Center for Domestic Peace - for Men(415) 924-1070
CUAV (Gay, Lesbian, Bisexual, and Transgender) – San Francisco.....(415) 333-4357

NATIONAL HOTLINES

National Domestic Violence Hotline.....(800) 799-7233
TTY (800) 787-3224
National Sexual Assault Hotline (RAINN).....(800) 656-4673
ChildHelp USA (Nat. Child Abuse Hotline).....(800) 422-4453

LEGAL SERVICES

Bay Area Legal Aid(800) 551-5554
CA Victim Compensation Program (for victims of violent crimes).....(800) 777-9229

WEB SITES

Kaiser Permanente.....kp.org/domesticviolence
National Domestic Violence Hotline.....ndvh.org

SAFETY PLAN

Are you planning to leave an abusive situation? Look over the following safety plan. Preparing for leaving will help you and your family stay safe.

1. **CALL** 911 if you are in immediate danger.
2. **TALK** to someone you trust. Ask for help in case you need to leave.
3. **CALL** one of the numbers on this sheet. You can get help in planning ways to stay safe.
4. **PACK** a bag or suitcase that won't be missed. Hide the packed bag or keep it with someone you trust. Put the following items in your bag:
 - Cash (including coins for phone calls) and checks
 - Clothes and personal articles for you and your children
 - Medications — House and car keys — Important phone numbers
 - Copies of important papers: driver's license/picture ID, birth certificates, passports, health insurance papers, food stamps, house and car titles, rent receipts, marriage license, immunization records
 - Special toy or book for your child or children
5. **PLAN** exactly where you will go and how to get there. Locate the nearest safe phones. Remember, you might have to leave in the middle of the night.
6. **TEACH** your children how to call 911 in an emergency.

Domestic violence is against the law!



**KAISER
PERMANENTE®**

REV. 5/2011
Form 00529-037 (bound top)
Form 00529-002 (bound left)