

FRESNO 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:
Mental Health Services and Behavioral Medicine Specialist.....(559) 448-4620
Medical Social Work.....(559) 448-5126
KP DV Support Group.....(559) 448-5741

COMMUNITY RESOURCES

HOTLINES

Marjaree Mason Center – Fresno.....(800) 640-0333
Rape Counseling Service of Fresno.....(559) 222-7273

COMMUNITY RESOURCES – Nearby Counties

Haven Women's Center – Modesto.....(888) 454-2836
Community Action Program of Madera County.....(800) 335-8989
Valley Crisis Center - Merced.....(209) 722-4357
Mountain Crisis Services - Mariposa.....(888) 966-2350
Crisis Support of Kings Community Action Organization.....(877) 727-3225
Family Services of Tulare County - Tulare.....(800) 448-2044
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 (National Child Abuse Hotline).....(800) 422-4453

LEGAL SERVICES

Central California Legal Services(800) 675-8001
Centro la Familia (Legal Services).....(877) 294-3772
CA Victim Compensation Program (for victims of violent crimes).....(800) 777-9229

WEBSITES

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 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 (incl. 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, foodstamps, house and car titles, rent receipts, marriage license, immunization records.
5. **PLAN** exactly where you will go and how to get there. Locate the nearest safe phones.
6. **TEACH** your children how to call 911 in an emergency.

Domestic violence is against the law!



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REV. 5/2011
Form 00529-003 (bound top)
Form 00529-024 (bound left)