

# NAPA/SOLANO COUNTY AREA

## You have the right to be Safe!

<b>Is Someone You Love</b> Hitting you? Hurting you? Threatening you? Putting you down?	<b>Emergency</b> (police, fire, ambulance) <b>911</b>	<b>You Are Not Alone</b> Help is available to you and your children. Let us know. We can help.
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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 Crisis Line at 707-645-2700.

<b>COMMUNITY RESOURCES</b>	<b>HOTLINES</b>
SafeQuest Solano - Solano County.....	(866) 487-7233
LIFT3 Support Group - Solano County..... (after-hours crisis line).....	(707) 398-6865 (707) 398-1867
Napa Emergency Women's Services - Napa County..... <i>(collect calls are welcome)</i>	(707) 255-6397
Alternatives for Better Living (Batterers Intervention Programs).....	(707) 226-1248
Victim Witness Services - Napa County.....	(707) 299-1414

<b>COMMUNITY RESOURCES – Nearby Counties</b>	
STAND! Against Domestic Violence - Contra Costa County.....	(888) 215-5555
Center for Domestic Peace (Home of Marin Abused Women's Services).....	(415) 924-6616
CUAV (Gay, Lesbian, Bisexual & Transgender) - San Francisco.....	(415) 333-4357
WEAVE - Sacramento County.....	(916) 920-2952
Sexual Assault & Domestic Violence Center - Yolo County.....	(916) 371-1907
- W. Sacramento County.....	(530) 662-1133

<b>NATIONAL HOTLINES</b>	
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
Youth Crisis Hotline.....	(800) 843-5200

<b>LEGAL SERVICES</b>	
Legal Aid of Napa Valley .....	(707) 259-0579
Bay Area Legal Aid.....	(800) 551-5554
CA Victim Compensation Program (for victims of violent crimes) .....	(800) 777-9229

<b>WEB SITES</b>	
Kaiser Permanente.....	kp.org/domesticviolence
National Domestic Violence Hotline.....	ndvh.org
Solano County Domestic Violence Website.....	solanocounty.com/stoptheviolence

### 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.

- CALL** 911 if you are in immediate danger.
- TALK** to someone you trust. Ask for help in case you need to leave.
- CALL** one of the numbers on this sheet. You can get help in planning ways to stay safe.
- 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
- 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.
- TEACH** your children how to call 911 in an emergency.

**Domestic violence is against the law!**



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Form 00529-026 (bound left)