

SACRAMENTO/PLACER 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.
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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 at your local facility.

COMMUNITY RESOURCES

HOTLINES

Women Escaping a Violent Environment (WEAVE) – Sacramento.....	(866) 920-2952 TTY (916) 443-3715
My Sister's House (Asian/Pacific) – Sacramento.....	(916) 428-3271
Domestic Violence Intervention Center – Citrus Heights.....	(916) 728-7210
Changing Courses – North Highlands.....	(916) 332-5056
Placer Women's Center, Inc. Peace for Families – Placer County.....	(800) 575-5352
Tahoe Women's Services.....	(800) 736-1060

COMMUNITY RESOURCES – Nearby Counties

CUAV (Gay, Lesbian, Bisexual & Transgender) – San Francisco.....	(415) 333-4357
The Center for Violence-Free Relationships – El Dorado County.....	(530) 626-1131
Domestic Violence & Sexual Assault Coalition – Nevada County.....	(530) 272-3467
Women's Center of San Joaquin.....	(209) 465-4878
Casa de Esperanza – Sutter County.....	(530) 674-2040
Operation Care – Amador County.....	(800) 675-3392
Sexual Assault & Domestic Violence Center – Yolo County.....	(916) 371-1907 or (530) 662-1133

NATIONAL HOTLINES

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

LEGAL SERVICES

Women Escaping a Violent Environment (WEAVE) – Sacramento.....	(916) 319-4905
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!



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Form 00529-028 (bound left)