

SANTA CLARA 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 – Santa Clara County

HOTLINES

Next Door – San Jose.....	(408) 279-2962
YWCA Support Network for Battered Women – Sunnyvale.....	(800) 572-2782
Community Solutions – Gilroy, Morgan Hill, San Jose, Hollister.....	(877) 363-7238
The Turning Point.....	(408) 254-0979
Senior Adults Legal Service (SALA).....	(408) 295-5991
Maitri (Asian) – San Jose.....	(888) 862-4874
NISA (Islamic) – Palo Alto.....	(888) 275-6472
AACI Asian Women's Home – San Jose.....	(408) 975-2739
Family Violence Center – San Jose Police Department.....	(408) 277-3700

COMMUNITY RESOURCES – Nearby Counties

CUAV (Gay, Lesbian, Bisexual & Transgender) – San Francisco.....	(415) 333-4357
S.A.V.E. – Fremont	(510) 794-6055
Community Overcoming Relationship Abuse (CORA) – San Mateo.....	(800) 300-1080

NATIONAL HOTLINES

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

OTHER SERVICES

Pro Bono Project of Silicon Valley.....	(408) 998-5298
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!



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Form 00529-011 (bound left)