



# Safety Information

**If you or someone you know is being victimized, here are some things that can be done to prepare to leave an abusive situation:**

## **Domestic Violence Safety Plan**

Don't leave an abusive situation without first making a "safety plan". Without a plan, your situation could become even more dangerous. If possible, talk to someone you trust about your plan. If you are not sure who to call, call the Lewis County Opportunities Domestic Violence and Rape Crisis Hotline **(315) 376-HELP (4357)** to talk to one of our advocates. Our services are free and confidential.

**Know where you can get help.** Keep a list of important phone numbers (police, domestic violence hotline, hospital).

**Plan with your children.** Identify a safe place for them (room with a lock, neighbor's house, etc). Let them know that their job is to stay safe; not to protect you.

**Talk to a neighbor you can trust** and have them contact the police if they see or hear anything suspicious.

**Prepare an emergency kit/bag** that you can get to quickly. You may want to keep it with a trusted friend or neighbor. Include in your kit/bag:

- An extra set of car and house keys;
- Money, food stamps, checkbook, credit card(s), pay stubs;
- Birth certificates, health cards, social security cards, driver's license or other photo identification;
- Any court papers or orders;
- Change of clothes and medications for you and your children.

## **How can the Domestic Violence/Rape Crisis Program help?**

- We can provide you, your children, and your pets a safe place to stay;
- We can go with you to family or criminal court and assist with an order of protection and temporary custody;
- We can pay for therapy for you and your children;
- We can provide an advocate to be there to support you and provide you with recourses.

**If you need help, call (315) 376-HELP (4357) or if you would like to volunteer, call 376-8202 ext. 4**