

Additional Resources

- **Child Abuse and Neglect**
Massachusetts Child at Risk Hotline
1.800.792.5200
- **Elder Abuse and Neglect**
Massachusetts Elder Abuse Hotline
1.800.922.2275
- **Disabled Persons Abuse and Neglect**
Massachusetts Disabled Persons
Protection Commission
1.800.426.9009
- **Massachusetts Immigrant and Refugee
Advocacy Coalition**
617.350.5480
- **Greater Boston Legal Services**
1.800.323.3205
- **South Middlesex Legal Services**
508.620.1830
- **Metro West Legal Services**
1.800.696.1501
- **Traveler's Aid Society**
617.542.7286
(transitional services)
- **National Domestic Violence Hotline**
1.800.799.SAFE
(7233)

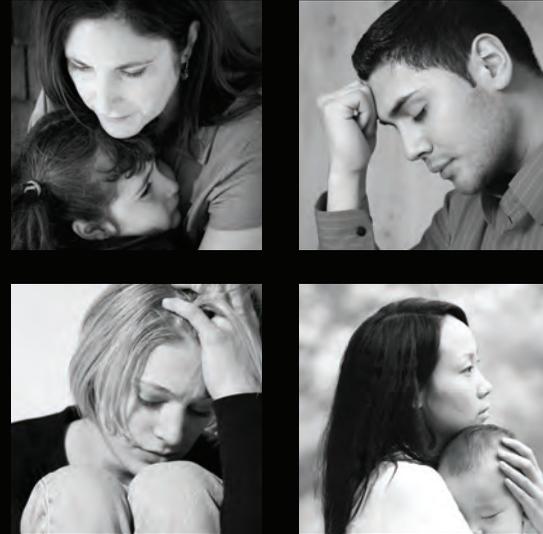


MICHAEL W. MORRISSEY
NORFOLK DISTRICT ATTORNEY

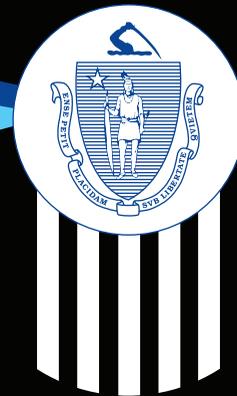
www.norfolkda.com

DOMESTIC VIOLENCE

SAFETY PLAN



You are not alone. You are not to blame.



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Help is available

POLICE | CALL 911

Norfolk District Attorney's Office

Domestic Violence Advocates (business hours)

- **Brookline District Court** 617.738.5072
(Brookline)
- **Dedham District Court** 781.251.0216
*(Dedham, Dover, Medfield, Needham, Norwood,
Wellesley and Westwood)*
- **Quincy District Court** 617.479.7454
*(Braintree, Cohasset, Holbrook, Milton, Quincy,
Randolph and Weymouth)*
- **Stoughton District Court** 781.344.9227
(Avon, Canton, Sharon and Stoughton)
- **Wrentham District Court** 508.384.3788
*(Foxborough, Franklin, Medway, Millis, Norfolk,
Plainville, Walpole and Wrentham)*

Domestic Violence Shelter & Support Services

- **SafeLink: Massachusetts Statewide Hotline**
1.877.785.2020 (24 HOURS/multiple languages)
(Makes connections to available shelters)
- **Massachusetts Coalition Against Domestic
Violence and Sexual Assault** 1.877.785.2020
www.janedoe.org
- **DOVE, Inc.** 1.888.314.3683
- **New Hope, Inc.** 1.800.323.4673
- **Casa Myrna Vasquez** 617.521.0100
(Services available in Spanish and English)
- **Elizabeth Stone House** 617.427.9801

GLBT Domestic Violence Services

- **Fenway Community Health**
Violence Recovery Program 1.800.834.3242
- **Gay Men's Domestic Violence Project**
1.800.832.1901
- **The Network/La Red** 617.742.4911

Multilingual Domestic Violence Services

- **Asian Task Force Against
Domestic Violence** 617.338.2355
(Multilingual services available)
- **A New Day** 1.888.293.7273
*(Services available in Cape Verdean Creole,
Portuguese, Spanish and English)*

Batterer Intervention Programs

- **Billings Human Services** 781-762-0060
- **Common Purpose** 617.522.6500
- **Emerge** 617-547-9879

Department of Children and Families

- **Domestic Violence Unit** 617.748.2333

Visitation Centers

- **Family & Community Resources, Inc.**
508.583.6498
- **New Hope**
508.753.3146

**TTY/TDD users dial 711 for
Massachusetts Relay Service (24/7)**

Voice: 1.800.439.0183

Customer Service: 1.800.720.3479

Safety during an explosive incident

- If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in the bathroom, kitchen or anywhere near weapons.
- Practice how to get out of your home safely. Identify which door, windows, elevator or stairs would be best.
- Have a packed bag ready and keep it in a secret but accessible place in order to leave quickly.
- Identify a neighbor you can tell about the violence and ask the neighbor to call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- If the situation is very dangerous, use your own instincts & judgment to keep yourself safe.
- Call the police as soon as it is safe to do so. You may obtain a restraining order at your local court during business hours and through local police at night and on weekends.

Safety when preparing to leave

- Determine who would let you stay with them or lend you some money.
- Try to take the children with you or make arrangements to leave them with someone safe.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust.
- Open a savings account in your own name to establish or increase your financial independence.
- Keep the shelter phone numbers close at hand and keep change or a calling card with you at all times.

- Review your safety plan with a domestic violence advocate in order to plan the safest way to leave your abuser.

Technology Safety

- Use a safe computer. When researching domestic violence help, it is safer to use a computer that the abuser does not have access to, such as a computer at a library or community center.
- Create a new e-mail account with a new password on a safe computer. Use a name and password that the abuser cannot guess.
- Change passwords and PIN numbers. Remember to change your password protected accounts, such as on-line banking, medical records, shopping accounts and voice mail.
- Use a donated or new cell phone. Your cell phone produces records that might reveal your plans or location. Local domestic violence programs have information about new cell phones and prepaid phone cards.
- Trust your instincts. If the abuser knows too much about your whereabouts, it is possible that your computer, e-mail, voicemail, phone or credit/debit card use is being tracked.

Safety in your home

- Inform neighbors and landlord that your abuser no longer lives with you and that they should call the police if they see your abuser near your home.
- Rehearse a safety plan with your children for when you are not with them.
- Inform your children's school or day care about who has permission to pick up your children. Give the school or day care a copy of your restraining order.
- Change and/or add locks on your doors and windows as soon as possible. Add a peephole and increase outdoor lighting if possible.

- Try to borrow a portable or cellular phone.
- Change your telephone number.

Safety with a restraining order

- Keep your restraining order with you at all times. Leave extra copies at work, with a friend, in your car, etc.
- Call the police if the protective order is violated.
- Think of alternative ways to keep safe if the police do not respond right away.
- Inform family, friends and neighbors that you have a restraining order in effect.
- Try to avoid places in a community where your abuser may frequent.

Safety on the job and in public

- Inform someone at work of your situation. This should include office or building security. Provide a picture of your abuser if possible.
- Arrange to have someone screen your telephone calls if possible.
- Devise a safety plan for when you leave work. Have someone escort you to your car, bus or train.
- Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.

Your safety and emotional health

- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- If you have to communicate with your abuser, determine the safest way to do so.
- Have positive thoughts about yourself and be assertive with others about your needs.
- Plan to attend a support group to gain support from others and learn more about yourself and the relationship.
- Decide who you can call to give you the support you need.

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Checklist

What to take when you leave

Identification and financial

- Driver's license, car title & registration
- Birth certificates & marriage certificate
- Passport
- Social security card(s)
- Transitional Assistance Identification
- Money & credit card, checkbooks, bankbooks

Legal Papers

- Restraining Order
- Lease, rental agreement, house deed
- Insurance papers
- Medical records for all family members
- School records
- Green card/immigration papers, work permits
- Probate court papers (i.e. custody orders)

Other

- House and car keys
- Medications
- Toiletries/diapers
- Address book
- Cell Phone
- Laptop Computer
- Pictures
- Jewelry
- Clothes (for all family members)
- Pets (if you can)

Important phone numbers

Police (911)

Hotline: _____

Shelter: _____

Friends: _____

NATIONAL DOMESTIC VIOLENCE HOTLINE

1.800.799.SAFE (7233) | 1.800.787.3224 (TDD)