

RESOURCES

You can call these hotlines **anytime** night or day for free and confidential advice:

New Jersey Domestic Violence Hotline
24/7: (800) 572-SAFE (7233)

All DV agencies have a 24/7 hotline, shelter, counseling, support groups, children's programs, and more. Find your local DV shelter by going to:

NJ Coalition to End Domestic Violence
www.njcedv.org. Click on the "Get Help" tab, then click the "Guide to Services" tab to locate the DV agency in your county.

National Domestic Violence Hotline
24/7: (800) 799- SAFE / www.thehotline.org

NJ Coalition Against Sexual Assault
24/7: (800) 601-7200 / www.njcasa.org

2nd Floor Statewide Helpline for Youth
(888) 222-2228 / www.2ndfloor.org



These services are available **9 am-5 pm**
Monday-Friday:

New Jersey Statewide Legal Hotline
(888) 576-5529 / www.lsnj.org
Offers free legal services to low-income people.

Victims of Crime Compensation Office
(877) 658-2221
VCCO provides financial assistance (medical bills, counseling, relocation, loss of earnings)

NJ Office of Victim-Witness Advocacy
(609) 292-6766
Court accompaniment, information on criminal justice system, notification of court proceedings.

VINE (Victim Information Notification Everyday):
Tel: (877) 846-3465
(VINE provides peace of mind to victims by providing location of offenders)

SIGNS OF ABUSE

Does Your Partner...

- Put you down or embarrass you?
- Constantly accuse you of cheating?
- Act extremely jealous and possessive?
- Separate you from family and friends?
- Intimidate you or threaten to hurt you?
- Control who you see, or what you do, say or wear?
- Monitor your every movement?
- Control your access to money, school or work?
- Make you feel worthless?
- Blame you for all of their problems?

These are all signs of abuse. No one deserves to be made to feel this way by someone who loves them.

Domestic violence is a crime.
You are not alone – Help is available



www.APartnershipForChange.org



@apfcnj



apfcnj

Allison Bressler, MA & Gloria Sgrizzi
APFC Co-Founders/Co-Directors

A Partnership for Change
PO Box 523 - Oradell, NJ 07649



A Partnership for CHANGE

Education · Empowerment · Ending Domestic Violence

Safety Planning & Resource Information

A Partnership for Change (APFC) is a 501(c)(3) non-profit organization dedicated to ending domestic violence and dating abuse.

SAFETY: PREPARING TO LEAVE

Leaving can be dangerous.

Safety Planning is the most important thing you can do to keep you and your children safe!

- Reach out to your local DV agency or hotline to review a plan for leaving.
- Make an extra set of keys and hide them in an easy place to reach.
- Have an extra bag of clothing for you and your children hidden for easy access in your home, car, or leave them with a trusted friend or at a neighbor's house.
- If possible, prepare for financial needs by storing extra cash, checks, jewelry and other valuables in a safe place.
- Have some important children's items like a favorite toy, blanket, pillow, etc. ready to go.
- Make sure to talk to children about where to find a safe hiding place if needed.
- Make copies of pay stubs (yours and your partner's), household bills, joint financial/mortgage papers, driver's license, birth certificates, social security cards, restraining order (if there is one), police reports, medical records for family, immigration papers, etc.
- Have important phone numbers handy.
- DOCUMENT ANY ABUSE! Note incidents on a calendar, take photos or get recordings, if possible.

SAFETY: STILL LIVING WITH ABUSER

- Know the easiest escape route out of your home and practice with your children.
- Back car into the driveway for easy exit. Keep an extra set of keys hidden in the car.
- Notify trusted neighbors to be on alert to suspicious noises and when to call the police.
- Develop a secret password (or signal) with children and trusted family, friends or neighbors that will alert them to call police immediately.
- Teach your children how to call 911.
- Know "safe" rooms within your home to avoid dangerous situations. Avoid kitchens, bathrooms, garages, or any place that may have dangerous weapons.
- Remove as many weapons from the home as you can.
- Don't run to children during a fight; the abuser may hurt them, as well.
- Avoid wearing scarves or long jewelry that may be used to strangle you.
- If abuse escalates, try not to back into a room with only one exit. Move to an area with an exit.
- Program your phone to 911. If possible, keep your cell phone with you (in a pocket).

SAFETY: IF YOU HAVE ALREADY LEFT

- Change all passwords on anything the abuser has access to, and change locks and phone number, if necessary.
- Install a security system (many are now inexpensive) or call VCCO (See Resource List) to see if you are eligible for financial support to enhance safety.
- Change your daily routine so the abuser does not know how to find you. This includes your work hours, if possible.
- If a restraining order is in place with children or if there is a custody agreement in place, alert school administration, family and caregivers.
- Change your place of worship.
- Reschedule appointments of which the abuser is aware.
- Inform employer of your situation. Provide front desk or security with picture of the abuser and the make, model, and plate number of abuser's car. Ask co-workers to screen calls, if possible.
- Change where you shop and socialize.
- Be careful to whom you give your address/email/phone number to.
- Contact your local domestic violence agency for support.

CALL 911 IN EMERGENCY