

SAFETY PLANNING

STATEWIDE RESOURCES

Safety is critical if you are in or planning to leave an abusive relationship. Below are some ideas that you can use to increase your safety. Some people choose to write them down, but Safety Plans may need to change for different situations.

Considerations for Immediate Safety

- Think about who you would call for help in an unsafe situation and tell them about what is happening.
- Memorize emergency numbers for the local police (such as 911), support persons, and crisis hotlines such as SafeLink: (877) 785-2020.
- Identify escape routes and places to go if you need to flee from an unsafe situation quickly. Consider which rooms in the house have multiple doors and exits. Avoid rooms that have weapons or items that can be used as weapons (such as the kitchen).
- Talk with your children about what they should do if a violent incident occurs or if they are afraid.
- Put together an emergency bag with money/bank documents, extra car keys, medicine, and important papers such as birth certificates, social security cards, immigration documents, or health insurance cards. Keep it somewhere safe and accessible, such as with a trusted friend.
- Trust your instincts. If you think you are in immediate danger, it is important to

MASSACHUSETTS LEGAL RESOURCE FINDER
WWW.MASSLRF.ORG
THE LEGAL RESOURCE FINDER WILL DIRECT YOU TO LEGAL AID SERVICES IN YOUR COMMUNITY.

MASLEGALHELP
WWW.MASLEGALHELP.ORG
PRACTICAL INFORMATION REGARDING YOUR LEGAL RIGHTS.

VICTIM RIGHTS LAW CENTER (VRLC)
617-399-6720 ■ WWW.VICTIMRIGHTS.ORG
VRLC PROVIDES CIVIL LEGAL ASSISTANCE TO VICTIMS OF RAPE AND SEXUAL ASSAULT. STATE AGENCIES

DEPARTMENT OF CHILDREN AND FAMILIES
HOTLINE: 800-792-5200 ■
WWW.MASS.GOV/DCF

DEPARTMENT OF REVENUE (DOR)
CHILD SUPPORT: 800-332-2733
CUSTOMER SERVICE: 800-392-6089
WWW.MASS.GOV/DOR

DEPARTMENT OF TRANSITIONAL ASSISTANCE (DTA) ■ 877-382-2363 WWW.MASS.GOV/DTA

MASSACHUSETTS OFFICE FOR VICTIM ASSISTANCE
617-586-1340 ■ WWW.MASS.GOV/MOVA

OFFICE OF THE ATTORNEY GENERAL, VICTIM COMPENSATION DIVISION (VCD)
617-727-2200, EXT. 2160 ■
WWW.MASS.GOV/AGO

INFORMATION COMPILED IN ACCORDANCE WITH
CHAPTER 260 OF THE ACTS OF 2014.

RESOURCES FOR SAFETY AND SUPPORT

EVERYONE IS ENTITLED TO A RELATIONSHIP THAT IS SAFE AND HEALTHY.



ARLINGTON POLICE DEPARTMENT
112 MYSTIC STREET
ARLINGTON, MA 02474

EMERGENCY: 9-1-1
APD NON-EMERGENCY LINE: 781-643-1212
APD FAMILY SERVICES UNIT: 781-316-3915

Everyone is entitled to a relationship that is healthy and safe. Sometimes relationships between family members, or current and former spouses, partners, or significant others become unsafe. The relationships can involve a pattern of abusive behaviors when one person seeks to control the other. This behavior may include:

- Name-calling and put-downs, threatening to harm themselves, their partner, or someone else.
- Limiting access to money, preventing a partner from getting or keeping a job, destroying property, and/or ruining a partner's credit.
- Tracking a partner's daily activities directly or through the use of technology like social networks, email, or smartphones.
- Hitting, pushing, kicking, choking, or using weapons or other objects that cause injury.
- Threats or violence directed at children in the family, or directed at family pets.
- Forcing or pressuring a partner into unwanted sexual acts or refusing to practice safe sex.
- Threatening an immigrant with deportation.
- Threatening to out an LGBT/Q person to family or friends.

These are examples of what is commonly referred to as domestic violence. Domestic violence can happen to anyone, no matter who you are or where you come from.

If domestic violence is a part of your life, you may blame yourself, feel confused, afraid, angry, and/or trapped. These are normal responses. It is important for you to know that this is not your fault.

RESOURCES

ALL SERVICES ARE FREE OF CHARGE.

24-HOUR NATIONAL HOTLINES

SAFELINK

877-785-2020

TTY #: 877-521-2601

NATIONAL DOMESTIC VIOLENCE HOTLINE

800-799-SAFE

NATIONAL SEXUAL ASSAULT HOTLINE

800-656-HOPE

LOCAL RESOURCES/HOTLINES

FIRST STEP DOMESTIC VIOLENCE PROGRAM

HELPLINE: 781-316-3219 ■

ARLINGTONFIRSTSTEP.COM ■ ARLINGTON

REACH BEYOND DOMESTIC VIOLENCE

24-HR HOTLINE: 800-899-4000 ■

REACHMA.ORG ■ WALTHAM

RESPOND INC.

24-HR HOTLINE: 617-623-5900 ■

RESPONDINC.ORG ■ SOMERVILLE

TRANSITION HOUSE

24-HR HOTLINE: 617-661-7203 ■

TRANSITIONHOUSE.ORG ■ CAMBRIDGE

JOURNEY TO SAFETY

781-647-5327 ■ JFCSBOSTON.ORG ■ WALTHAM

MA ALLIANCE OF PORTUGUESE SPEAKERS

617-864-7600 ■ MAPS-INC.ORG ■ CAMBRIDGE

RESOURCES

ALL SERVICES ARE FREE OF CHARGE.

SEXUAL ASSAULT PROGRAMS

BOSTON AREA RAPE CRISIS CENTER (BARCC)

24-HR HOTLINE: 800-841-8371 ■ BARCC.ORG ■

BOSTON

CENTER FOR HOPE AND HEALING

24-HR HOTLINE: 800-542-5212 ■ CHHINC.ORG ■

LOWELL

THE DOMESTIC VIOLENCE/SEXUAL ASSAULT PROGRAM AT NEWTON WELLESLEY HOSPITAL

617-243-6521 ■ NWH.ORG ■ NEWTON

CHILD WITNESS TO VIOLENCE PROGRAMS

CHILDREN'S CHARTER TRAUMA CLINIC

781-894-4307 ■

KEY.ORG/CHILDRENCHARTER.ASP ■ WALTHAM

THE GUIDANCE CENTER

617-354-2275 ■ GUIDANCECTR.ORG ■

SOMERVILLE

VICTIM WITNESS ASSISTANCE PROGRAM MIDDLESEX COUNTY DISTRICT ATTORNEY'S OFFICE

781-897-8300 ■ MIDDLESEXDA.COM ■ WOBURN

**MORE INFORMATION CAN BE FOUND AT
MASS.GOV/COURTS.**