

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)

National Domestic Violence Hotline

24/7: (800) 799- SAFE / www.thehotline.org

NJ Coalition Against Sexual Assault

24/7: (800) 601-7200

All Domestic Violence Shelters in the State have 24/7 hotlines. Find your local shelter by going to:

NJ Coalition to End Domestic Violence

www.njcedv.org

2nd Floor Statewide Helpline for Youth

(888) 222-2228



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

New Jersey Statewide Legal Hotline

Tel: (888) 576-5529

Victims of Crime Compensation Office

Tel: (877) 658-2221

VCCO provides financial assistance (medical bills, counseling, relocation, loss of earnings)

NJ Office of Victim-Witness Advocacy

(609) 292-6766

VINE (Victim Information Notification Everyday):

Tel: (877) 846-3465

(VINE provides peace of mind to victims by providing location of offenders)

Legal Services of NJ

Tel: (732) 572-9100 / www.lsnj.org

Provides advice, information, and referrals to low-income people in civil legal matters.

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**

Allison Bressler, MA

Gloria Sgrizzi

APFC Co-Founders/Co-Directors

A Partnership for Change

PO Box 523 - Oradell, NJ 07649



@apfcnj



apfcnj



www.APartnershipForChange.org

APFC's mission is to end the increasing problem of domestic violence/dating abuse through the provision of comprehensive prevention and awareness programs and by offering caring support services to victims.



A Partnership for CHANGE

Education • Empowerment • Ending Domestic Violence

DV-SOS: Support on Site

A Partnership for Change (APFC) is a 501(c)(3) private, non-profit organization dedicated to ending domestic violence and intimate partner 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 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, stocks, bonds, joint financial papers, 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 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 dial 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) at all times.

SAFETY: IF YOU HAVE ALREADY LEFT

- Change all passwords on anything abuser has access to, and change locks and phone number, if necessary.
- Install a security system (many are now inexpensive).
- Change your daily routine so 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 place of worship.
- Reschedule appointments of which abuser is aware.
- Inform employer of your situation. Provide front desk or security with picture of 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.
- Contact your local domestic violence agency for support
- See Resource list to contact VCCO to see if you are eligible for financial support to enhance safety.

DIAL 911 IN EMERGENCY