

# MARIN/SONOMA COUNTY AREA

*You have the right to be Safe!*

## Is Someone You Love

Hitting you? Hurting you?  
Threatening you? Putting you down?

## Emergency

(police, fire, ambulance)  
**911**

## You Are Not Alone

Help is available to you and your children.  
Let us know. We can help.

Most phone numbers on this sheet are for 24-hour hotlines that can help you get to safety. You don't have to be in immediate danger to call. These hotlines refer you to counseling, support groups, legal aid, and other services.

**Kaiser Permanente Resources** Talk with your doctor or nurse practitioner, or call the Psychiatry Department at your local facility.

### COMMUNITY RESOURCES

### HOTLINES

YWCA Women's Emergency Shelter Program – Santa Rosa .....(707) 546-1234  
Marin Abused Women's Services ..... (415) 924-6616  
Community Violence Solutions and Rape Crisis Center – San Rafael..(800) 670-7273

### COMMUNITY RESOURCES – Nearby Counties

W.O.M.A.N., Inc.– San Francisco .....(877) 384-3578  
CUAV (Gay, Lesbian, Bisexual, and Transgender) – San Francisco.....(415) 333-4357  
Project Sanctuary – Mendocino County.....(707) 463-4357  
SafeQuest Solano – Fairfield, Vallejo..... (866) 487-7233  
Napa Emergency Women's Services – Napa County.....(707) 255-6397  
Lake Family Resource Center – Lake County.....(888) 485-7733

### NATIONAL HOTLINES

National Domestic Violence Hotline.....(800) 799-7233 TTY (800) 787-3224  
National Sexual Assault Hotline (RAINN).....(800) 656-4673  
ChildHelp USA (National Child Abuse Hotline) .....(800) 422-4453  
National Youth Crisis Hotline.....(800) 448-4663  
Teen Hotline National .....(800) 852-8336

### LEGAL SERVICES

Sonoma County Legal Aid – Santa Rosa.....(707) 542-1290  
Family & Children Law Center – San Rafael.....(415) 492-9230  
CA Victim Compensation Program (for victims of violent crimes).....(800) 777-9229

### WEB SITES

Kaiser Permanente.....[kp.org/domesticviolence](http://kp.org/domesticviolence)  
National Domestic Violence Hotline.....[ndvh.org](http://ndvh.org)

## SAFETY PLAN

*Are you planning to leave an abusive situation?* Look over the following safety plan. Preparing for leaving will help you and your family stay safe.

1. **CALL** 911 if you are in immediate danger.
2. **TALK** to someone you trust. Ask for help in case you need to leave.
3. **CALL** one of the numbers on this sheet. You can get help in planning ways to stay safe.
4. **PACK** a bag or suitcase that won't be missed. Hide the packed bag or keep it with someone you trust. Put the following items in your bag:
  - Cash (including coins for phone calls) and checks
  - Clothes and personal articles for you and your children
  - Medications — House and car keys — Important phone numbers
  - Copies of important papers: driver's license/picture ID, birth certificates, passports, health insurance papers, food stamps, house and car titles, rent receipts, marriage license, immunization records
  - Special toy or book for your child or children
5. **PLAN** exactly where you will go and how to get there. Locate the nearest safe phones. Remember, you might have to leave in the middle of the night.
6. **TEACH** your children how to call 911 in an emergency.

**Domestic violence is against the law!**



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REV. 9/2007  
Form 00529-004 (bound top)  
Form 00529-025 (bound left)