



CHECKLIST

What you need to take when you leave

IDENTIFICATION

- Driver’s License
- Children’s birth certificates
- Your birth certificate
- Social Security cards (you & children)
- Welfare identification

FINANCIAL

- Money and /or credit card (credit cards could potentially be traced by abuser)
- Bank books
- Checkbooks

LEGAL PAPERS

- Your restraining order
- Lease, rental contract, house deed, rent receipts
- Car registration & insurance papers
- Medical records for you & children
- School records
- Work permits/green card/visa
- Passport
- Marriage certificate/license
- Divorce papers
- Custody papers
- Any other court paperwork

OTHER

- House and car keys
- Safety deposit box key
- Small valuables to pawn
- Jewelry
- Address/phone book
- Phone card
- Pictures of you and children & abuser
- Children’s favorite toys, blankets
- Toiletries/diapers
- Change of clothes for you & your children
- Personal items with special meaning to you and your children
- Current unpaid bills in your name

SAFETY WHEN PREPARING TO LEAVE

1. Open a savings account and/or credit card in you name to increase your options. Think of other ways in which you can increase your independence.
2. Leave money, an extra set of keys, copies of important documents, extra medicines and clothing with someone you trust so you can leave quickly.
3. Determine who would be able to let you stay with them or lend you some money.
4. Discuss a safety plan with your children for when you are not with them.
5. Inform your child(ren)’s school, or day care about who has permission to take your child.
6. If you live in a rural area, you might consider getting a dog or obtaining a device that imitates the sound of a dog barking.
7. Keep shelter or hotline numbers close at hand and keep some change, a calling card or your cell phone on you at all times for emergencies.
8. Review your safety plan as often as possible in order to plan the safest way to leave.

REMEMBER, LEAVING MAY BE YOUR MOST DANGEROUS TIME.

ABUSE PREVENTION HOTLINES

- Our Sister’s Place (domestic violence shelter).....677-0224
- SSTAR Women’s Center (domestic violence counseling/advocacy.675-0087
- Jane Doe, Inc.(617) 248-0922
- National Domestic Violence Hotline.....1-800-799-7233
- Bristol Elders Services (elder abuse) 24 hrs.....675-2101
- Elder Abuse Hotline.....1-800-922-2275
- Safelink (Statewide Shelter Hotline).....1-877-785-2020
- Child At Risk Hotline.....1-800-792-5200
- Parental Stress Hotline.....1-800-632-8188
- Rape Crisis Center1-877-301-4357

EMERGENCY MEDICAL TREATMENT

- Police Emergency (Greater Fall River & neighboring towns).....911
- Fall River Police (emergency).....573-1212
- Fall River Police (non-emergency).....676-8511
- Freetown Police (non-emergency).....763-4017
- Somerset Police (non-emergency).....679-2138
- Swansea Police (non-emergency).....674-8464
- Westport Police (non-emergency).....636-1122
- Rescue/Ambulance.....675-7411
- Charlton Memorial Hospital.....679-3131
- St. Anne’s Hospital.....674-5741

LEGAL SERVICES

- South Coastal County Legal Services.....676-6265
- Bristol County District Attorney’s Office.....679-1911
- Victim Witness Services.....679-2517
- New Center for Legal Advocacy.....1-800-244-9023

INFORMATION AND REFERRAL

- Info line.....674-1100
- Safe Child Visitation Center.....679-0962 x 240

INDIVIDUAL/FAMILY COUNSELING

- SSTAR Women’s Center.....675-0087
- Family Service Association.....678-7542
- MSPCC Family Counseling.....672-1141
- Catholic Social Services.....674-4681
- Child and Family Services.....679-6980
- Health First Family Care Center.....679-8111
- Portuguese Youth Cultural Organization (PYCO).....679-0962
- St. Anne’s PediSexual Abuse Program.....674-5741 x 2270
- Corrigan Mental Health Center.....235-7200
- St. Anne’s Youth Trauma Program.....674-5600
- South Bay Mental Health Center.....324-1060

BATTERER’S INTERVENTION PROGRAMS

- SSTAR.....679-5222