



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 Center	1-877-301-4357

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
------------	----------