

### 1. Always trust your instincts.

If you feel unsafe, contact law enforcement. Use your judgement and intuition. Prioritize your safety until you are out of danger.

### 2. Contact law enforcement.

Document all incidents of domestic violence. If the police do not help in a time of crisis or refuse to respond to a violation of a protective order, ask to speak to the watch commander, or contact the attorney or prosecutor who handled your case. If the police do come, you can request an Emergency Protective Order. Make sure to follow up on options related to filing a restraining order. (See back for Self-Help Numbers).

### 3. Is home safe right now?

If you feel unsafe in your home, is there somewhere you can stay temporarily? Contact local hotlines for information and options. Check with a trusted friend or family member to see if it would be possible for you to stay with them or have them lend you money in case of an emergency.

### 4. Keep phone fully charged.

Make sure there is a fully charged cellphone in your home at all times and bring it with you when traveling from your home to work, the grocery store, or anywhere else. Try to memorize at least one important phone number in the event you don't have access to your phone.

### 5. Avoid being alone.

If your abuser is stalking or harassing you, avoid being alone when possible. Avoid leaving home for a walk by yourself. Use a buddy system. If you are followed by the abuser while driving, go to the local law enforcement station and lay on the horn for immediate assistance. Plan a safe route to frequently visited places and change routes when possible.

### 6. Plan with your children.

Teach your children how to use the phone to call 9-1-1 and other emergency contacts. Come up with a code word that will tell them to get help in a time of crisis. Teach them strategies to help keep your family safe.

### 7. Seek support.

Consider if and when to tell others about your experience as a victim of domestic violence and that you may still be at risk. You may want to ask your neighbors to call the police if they see or hear suspicious activity.

### 8. Custody and Visitation

If you must have contact with your abuser due to custody issues, do not meet them alone or go to their home or any place that could be dangerous for you and your kids. When possible, avoid talking to them or seeing them and follow legal mandates and any court orders. Consult with an attorney as needed for child visitation.

### 9. GPS Tracking Features

Cellphones may have GPS tracking features where calls made can be traced to specific cell towers to establish the caller's location. Geo-coding features can identify the location of your social media post. You can disable these features. Make sure to review your social media friends to ensure that these are not people who can disclose your location to anyone. Review your settings to ensure you cannot be tagged at locations.

### 10. Important Documents

Keep copies of important documents and an extra set of keys easily accessible and in a safe place at all times for you and your children (e.g. birth certificates, passports, social security cards, school records, and copies of protective orders). You can also keep a bag with clothes, medications, jewelry/items of sentimental value, children's favorite toys, safe numbers/contacts, and other important items.

**Your safety plans may change.** As your circumstances change, plans for safety may also change. It is important to update your plan as needed.



## **Domestic Violence Hotlines and Shelters**

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**National Domestic Violence Hotline:** (800) 799-7233

**San Gabriel - House of Ruth:** (877) 988-5559

**San Fernando Valley - Jewish Family Service:** (818) 505-0900  
(323) 681-2626

**Antelope Valley - Valley Oasis:** (661) 945-6736

**San Fernando Valley - Haven Hills:** (818) 887-6589

**Southbay - 1736 Family Crisis Center:** (213) 745-6434  
(562) 388-7652

**spcaLA's Animal Safety Net (Pet Shelter):** (888) 527-7722



## **Self-Help Contact Information\***

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### **Chatsworth**

(818) 485-0571 | CSHpublic@nsla.org

### **Pomona**

(818) 485-0572 | PSHpublic@nsla.org

### **Antelope Valley**

(818) 485-0573 | AVSHpublic@nsla.org

### **Van Nuys**

(818) 485-0574 | VNSHpublic@nsla.org

### **Pasadena**

PasadenaUDpublic@nsla.org

### **For More Self-Help Centers:**

[dcba.lacounty.gov/legal-access-centers/](http://dcba.lacounty.gov/legal-access-centers/)

\*Contact information only available during COVID-19 court closures