



SAFEHAVEN

If you are in immediate danger: Call 9-1-1.
If you are injured, go to an emergency room
and REPORT what happened.

SafeHaven 24-hour hotline 1-877-701-7233.

KNOW THE SIGNS OF DOMESTIC VIOLENCE

Does your partner:

- Slap, kick, choke, punch, bite or throw things at you?
- Hold you against your will or keep you from leaving?
- Threaten or humiliate you?
- Keep you from working, control finances or isolate you?
- Criticize you or call you names?
- Force sex or accuse you of having sex with others?
- Insult your family and friends?
- Subject you to reckless driving?
- Punish or deprive your kids when mad at you?

MAKE A SAFETY PLAN

- Keep evidence of abuse, such as torn clothing, photos of your injuries, voice mails or texts.
- Plan the safest time to get away.
- Keep a spare set of keys, clothes and identification with someone you trust.
- Talk with your children about a safe place to go when they feel scared or threatened.

**SafeHaven can help you find safety, shelter and support.
Call 1-877-701-7233 or visit www.safehaventc.org.**



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