

Greensboro Police Department



FAMILY VICTIM UNIT DOMESTIC VIOLENCE RESOURCE SHEET 336.373.2331

Alcohol & Drug Services of Guilford
336-333-6860

**NCA&T Center for Behavioral Health &
Wellness Trauma Recovery Clinic**
336-285-2605

District Attorney's Office
336-412-7600

Family Services of the Piedmont
336-387-6161

Crisis Line 336-273-7273

GLBT National Hotline
1-888-843-4564
Youth - 1-800-246-7743

Greensboro Child Response Initiative
336-373-4827

Greensboro Urban Ministry
Weaver House
336-271-5959
Families with Children
336-271-5988

Guilford County Clerk of Court
50B/50C information
336-574-4305

Guilford County DSS
336-641-3000
Child Protective Services
336-641-3795
Adult Protective Services
336-641-3717
Emergency Assistance
336-641-2517

Guilford County Health Dept.
336-641-5563

Guilford County Magistrate
336-412-7870

Legal Aid
336-272-0148

Women's Resource Center
336-272-6090

Mental Health Association
336-373-1402

Monarch/Guilford Center (Mental Health)
336-676-6840
24-Hour 1-800-853-5163

My Sister Susan's House
Pregnant/Parenting Resource
for Women (16-21)
336-272-4687 ext. 313

National Domestic Violence Hotline
1-800-656-HOPE (4673)

National Sexual Violence Hotline
1-800-692-7445
1-877-739-3895

North Carolina Victim's Compensation
919-733-7974

Salvation Army
336-881-5400

Veteran's Crisis Line
1-800-273-TALK (8255)

Youth Focus
336-333-6853

<http://www.gsopd.org>

Non-emergency number 336-373-2222

Community Relations 336-373-2636



Greensboro Police Department



SAFETY PLAN

Before you leave...

- Document any abuse. Keep a journal of any contact, harassment, and injuries. Take pictures of any injuries. Save any evidence of harassment such as voice-mails or texts.
- Set up a bank account only in your name. Mail statements to a trusted friend.
- Store necessities (extra set of keys, money, important documents, and clothes) with someone you trust so you can make a quick escape.
- Seek help from a friend who can help with money and safety (try to stay in a place your abuser does not know of).
- Be ready to call. Have a "code word", phrase, or signal set up with friends and family so they know when to call for help. Also, have emergency numbers nearby for quick access. Maybe keep some change or a calling card on you at all times.
- Argue in a safe place – be sure an exit is available and there are no weapons around.
- Practice the best exit in all situations.
- Memorize your plan so you can leave your batterer in the safest possible way.

If you or your partner has left...

- Report the abuse!
- Get a *protective order* and keep it with you.
- Change locks, phone numbers, address if possible.
- Let neighbors, friends, family and employers (hopefully company security) know he or she should call the cops should they see the abuser.
- Let your children in on the plan. Teach them how to dial 911. Make sure caretakers know who can and cannot pick them up from school/daycare/babysitter.
- Keep your routine fresh. Switch it up, if you go to work one way, take another route home. Switch your normal grocery store or child's daycare.
- If you must communicate with your partner, do it in a public place.
- Seek *counseling* and use *all possible victim services*

Things you need to take when you leave:

- Identification
- Medical records for all family members
- Driver's license
- Birth Certificates

- Social Security Card
- Welfare identification
- Money
- School Records
- Rental agreement, lease, house deed
- Work permits
- Green card
- Bank books
- Passport
- Checkbooks
- Divorce papers
- Insurance papers/card
- Jewelry
- House and car keys
- Children's small toys
- Address book
- Small objects that can be sold
- Pictures, including photos of any injuries

RESOURCES

Family Service of the Piedmont, 315 East Washington Street

24-Hour Crisis Hotline - (336) 273-7273

<http://www.familyservice-piedmont.org/>

They provide free and confidential crisis counseling, shelter, information and referrals, court and police advocacy, and information on relocating.

National Domestic Violence Hotline

1-800-799-7233

<http://www.thehotline.org/>

National Coalition Against Domestic Violence

(888) 232-9124

<http://www.ncadv.org/>

For Teens

<http://www.thesafespace.org/pdf/handout-safety-plan-workbook-teens.pdf>

Clara House Shelter

(336) 387-6161

Consumer Credit Counseling Service

(336) 373-8882

LGBT and Bilingual Domestic Violence Hotline

1-866-SAFE.014

<http://www.gsopd.org>

Non-emergency number 336-373-2222

Community Relations 336-373-2636

