

Local Resources

Shelters

1736 Family Crisis Center	(562) 388-7652 www.1736familycrisiscenter.org
Interval House	(562) 594-4555 www.intervalhouse.org
Rainbow Services	(310) 547-9343 www.rainbowservicesdv.org
Su Casa	(562) 402-4888 www.sucasadv.org
WomenShelter Long Beach	(562) 437-4663 www.wslb.org

DV Hotlines

National DV Hotline	1.800.799.SAFE (7233)
L.A. County Child Abuse Hotline	(800) 540-4000
L.A. County Domestic Violence Hotline	(800) 978-3600
Sexual Assault Hotline	(800) 656-HOPE
Suicide Crisis Line	(877) 727-4747
211 Los Angeles	211
Peace Over Violence	Central L.A.: (213) 626-3393 South L.A.: (310) 392-838

Resources for Pets:

Animal Protection Services	(800) 540-SPCA
Animal Safety Net (Temporary Shelter for Pets of DV Survivors)	(888) 527-7222

Family Support and Counseling

ChildNet Youth and Family Services	(562) 490-7600 www.childnet.net
For the Child	(562) 422-8472 www.forthethechild.org
Jewish Family & Children's Service	(562) 427-7916 www.jfcslongbeach.org
L.A. County Department of Children and Family Services	1(800) 540-4000 https://dcfs.lacounty.gov/
The LGBTQ Center	(562) 434-4455 www.centerlb.org
YWCA Greater L.A. Sexual Assault Crisis Services	(877) 943-5778 https://ywcagla.org/what-we-do/programs/sexual-assault/

Legal Resources

Long Beach Police Dept./Domestic Violence Unit	(562) 570-7277
Long Beach City Prosecutor	(562) 570-5600
L.A. C.O. District Attorney, Long Beach Courthouse	(562) 247-2000
Victim Witness Assistance Program	(562) 247-2068 or (800) 380-3811
Legal Aid Foundation of Los Angeles	(562) 435-3501 www.lafla.org



End Abuse Long Beach

www.endabuselb.org

**Domestic
Violence
Personalized
Safety Plan**

*You have a right to be
safe!*

*No one deserves to be
hurt by their partner.
There are resources here
to help support you and
your family.*

Domestic violence includes physical, emotional, sexual, verbal, and financial abuse. It involves threats and **controlling behavior** from one **intimate partner** to another.

Safety While in a DV Situation

- If an argument seems unavoidable, have it in an area with access to an exit
 - Not in the bathroom, kitchen, or anywhere near weapons
- Practice getting out of your home safely
 - Identify doors, windows, elevator/stairwell to use
- Pack a bag and have it ready at a friend's or relative's house
- Identify neighbor(s) you can tell about your situation
 - Ask them to call the police if they hear a disturbance coming from your home
- Devise a code word to use with your children, family, friends and neighbors when you need the police
- Determine safe rooms children can go to during an argument
- Plan where you will go if you ever need to leave home

Create a **personalized plan more specific to your situation:**

<https://www.thehotline.org/create-a-safety-plan/>

Safety When Deciding to Leave

- Open a checking or savings account in your name
- Leave the following in a safe place or with someone you trust:
 - Money
 - Extra set of keys
 - Copies of important documents
 - Extra clothes
 - Medications
- Open your own post office box
- Identify a safe place where you can go and someone who can lend you money
- Keep a shelter phone number, a calling card or some change for emergency phone calls
- If you have pets, arrange a safe place for them

What to Take When Leaving

LEGAL PAPERS

- Protective order
- Lease, rental agreement and house deed
- Car registration/insurance
- Health and Life insurance
- Medical record/insurance(s)
- School records
- Work permits/green card/visa
- Passport
- Marriage license
- Divorce and Custody papers

FINANCIAL

- Money and/or credit cards (in your name)
- Checking and/or savings account books

IDENTIFICATION

- Driver's License/State ID
- Birth certificate
- Yours and children's
- Social security cards

OTHER

- Laptop/Computer
- Cell phone
- Chargers
- Medications
- House/car keys
- Change of clothes for you & your children
- Address book
- Passwords to important accounts in your name
- Valuable jewelry
- Pictures and sentimental items

If the situation is dangerous, **use your instincts and judgements** to keep yourself and your family safe.

Safety After Leaving

- Consider a protective order
 - Keep multiple copies: provide to your workplace, children's school(s), with people you trust, in your car, etc.
- Inform neighbors, landlord, and your workplace about your situation
 - Have them notify police if the abuser appears at your home/work
 - Have someone escort you to/from your transportation/use a variety of routes to come and go home
- Rehearse a safety plan with your children for when you are not with them
- Inform your children's school/day care about who has permission to pick them up
- Change/add locks on your doors and windows
 - If possible: add security systems/a peephole/increase outdoor lighting
- Never tell the abuser where you live
 - Never call them from home
 - Request an unlisted/unpublished number
- Block the abuser on social media
 - Adjust privacy settings to limit personal information displayed
 - Be careful tagging yourself/being tagged in pictures
 - Consider disabling/deactivating social media

Leaving an abuser can be a stressful and potentially dangerous time.

Remember: **You are not alone** and there are **resources** to **support** you.