

THINGS YOU WANT TO TAKE IF YOU
DECIDE TO LEAVE

- money, bank card, passwords
- identification (yours and your children's): birth certificate, driver's license, social security card, passport, green card, public assistance ID, work permit
- order of protection: temporary or final restraining order
- all court documents
- lease, rental agreement, house deed
- insurance papers/cards: life, auto, health, home
- Cellphone/charger
- school records
- clothing
- keys: house and car
- medications
- baby supplies
- comfort items (favorite stuffed animal or photo)

If you or anyone you know is living in an abusive situation, call Response. We can help discuss options, provide shelter and legal referrals, or just be there to talk.

Call 1-866-662-4220 24 hours a day.
All calls are confidential.

Services are provided regardless of gender, age, health status, physical, mental, or emotional ability, sexual identity, sexual orientation, socio-economic status, race, national origin, immigration status, or political or religious affiliation.

SHELTER AND SUPPORT:
PLACES TO CONTACT FOR HELP

Emergency: police, fire, rescue 9-1-1

Response Domestic & Sexual Violence
Support Center

Berlin office 603-752-5679
Lancaster office 603-788-8195
Littleton 603-575-5656
Colebrook 603-237-5384

Walk-in appts during office hours
24 hour information and support line
1-866-662-4220

Courts:

Circuit Court – Berlin, Colebrook,
Lancaster, Littleton
1-855-212-1234

Police:

NH State Police 1-800-525-5555
Coös County Sheriff 788-5598
Berlin 752-3131
Colebrook 237-4487
Dalton 837-2703
Gorham 466-3336
Groveton 636-1430
Lancaster 788-4402
Milan 449-2001
Pittsburg 538-7003
Twin Mountain 846-2200
Whitefield 837-9086

Hospitals:

Androscoggin Valley 752-2200
Upper Connecticut V 237-4971
Weeks Memorial 788-4911

Doctor: _____

PERSONAL SAFETY DURING AN
ABUSIVE INCIDENT

If an argument seems unavoidable, move to a room or area with **easy access to an exit**. Most bathrooms and bedrooms do not have a door out of the house or apartment. Move to an area **away from any weapons** (guns, knives or other weapons).

Identify which door, window, stairwell, or elevator is the quickest way out of the home from each room. **Practice your escape.**

Have a bag packed and ready. Keep it in a private but accessible place where you can retrieve it quickly.

Find neighbors you can tell about your situation and ask that they call the police if they hear a disturbance. Set up a code with them (call the police if the porch light flashes or I pull my shades down during the day).

Devise a code word to use with your friends, children, family, and co-workers when you need the police.

Plan where you will go if you decide to leave. Even if you don't think you will.

Use your instincts and judgment. If someone's behavior causes you to be fearful for your safety, trust that you know what is best for you. Protect yourself.

You do not deserve to be hurt.



PERSONAL SAFETY PLAN

Coercion or Threats

- making and/or carrying out threats to do something harmful to you or others
- threatening to commit suicide
- threats to leave, harm someone, harm pets, destroy property
- making you do something illegal

Intimidation

- making you afraid by looks, actions, gestures, or tone of voice
- throwing or breaking things
- destroying your property
- abusing pets
- displaying weapons

Using Children and Others

- making you feel guilty about your children or grandchildren or friends
- using the children to relay messages
- threatening to take the children away from you or limit your visits
- using visits to harass you

Minimizing, denying or blaming

- making light of the abuse and how you feel about it
- saying the abuse didn't happen or wasn't "really" abuse
- Putting the blame on you "can't take a joke?" Or "you brought it on yourself." Or "you deserve everything you got!"

Call our 24 hour support line at 1-866-662-4220
All calls are confidential.

Areas of Control and Abuse

An abusive relationship can affect all aspects of a person's life: physical, emotional, cognitive, spiritual, and social. Abuse can happen in any relationship: intimate, co-worker, neighbor, or friend. Abuse doesn't discriminate due to race, age, gender, religion, or any other demographic. Hurtful acts that happen repeatedly are abusive. A person's saying "I'm sorry" doesn't end the abuse or take away the hurt. Examples of abusive behavior are listed below.

Economic Abuse

- preventing you from having money
- taking your money away from you
- stopping you from getting a job
- excessive spending and expecting you to cover the costs
- not letting you know how much family money there is or where it is

Emotional Abuse

- calling you names
- saying you are crazy
- embarrassing you
- constant criticizing
- making you feel guilty
- playing "head games"
- using offensive language

Social Isolation

- controlling what you do, where you go, who you see or talk to
- not allowing you to sit, watch tv or eat with the rest of the family
- telling you what you can read or watch on tv, what music you can listen to
- limiting your involvement with activities or people outside your home
- falsely accusing you of being unfaithful

Using Social Privilege

- treating you like a servant, having a "you're my (wife, woman, mother), so you have to do as I say" attitude
- claiming to know what is best for you, making all the decisions
- using their role in your life to control you

Sexual Abuse

- offensive jokes, pictures, e-mails, texts
- unwanted touches, sexual acts

Physical Abuse

- pushing, grabbing, pinching
- slapping, hitting, punching
- holding your arm tight
- preventing you from leaving a room
- using a weapon on you, hitting you with any object