

Berkeley Police Department

Emergency	911
Non-Emergency	981-5900
Domestic Violence Unit	981-5736
Victim Advocate	981-5724

24-Hour Hotlines

National Domestic Violence Hotline	800-799-SAFE
A Safe Place, Oakland	536-7233
STAND! Against Domestic Violence	888-215-5555
Bay Area Women Against Rape (BAWAR)	845-7273
WOMAN, Inc.	415-864-4722
Highland Sexual Assault Center	534-9290
Alameda County Crisis Support Services	849-2212
Men's Hotline	415-924-1070

Shelters/Domestic Violence Services

A Safe Place, Oakland	536-7233
STAND! Against Domestic Violence Contra Costa County	888-215-5555
SAVE, Fremont	794-6055
WOMAN, Inc., SF	415-864-4722
Tri-Valley Haven	800-884-8119
Sister Me Home Safe House	866-A-WAY-OUT

Emergency Homeless Shelters

Women's Refuge	547-4663
Building Opportunities for Self-Sufficiency (BOSS)	843-3700
Berkeley Food & Housing Project	649-4976
San Leandro Shelter	866-292-9688

Legal Assistance

Family Violence Law Center	540-5354
Law Center for Families	451-9261
Asian Domestic Violence Clinic ..	251-2846
Bay Area Legal Aid	663-4744
International Institute of the East Bay (Immigration) ..	451-2846
The Domestic Violence and Employment Project	888-864-8335

Resources for Teens

Domestic Violence Prevention	644-6928
A Safe Place	536-7233
Berkeley Youth Alternatives	849-1402
Children's Hospital Teen Clinic ..	828-3387
Berkeley High School Health Center	644-6965

Health Care

Berkeley Nurse of the Day	981-5300
Berkeley Public Health Clinic	981-5350
West Berkeley Family Practice	704-6000
La Clinica de la Raza	535-4000
Asian Health Services	986-6800

Counseling Services

A Safe Place	536-7233
STAND! Against Domestic Violence	888-215-5555
SAVE	794-6055
Family Violence Institute	628-9065
NARIKA (S. Asian)	800-215-7308
Shimtu, Korean Domestic Violence Program	866-SHIMTUH
The DOVES Project, Children's Hospital	428-3135
Feminist Therapy Referral Project	843-2949

Gay/Lesbian/Bisexual/Transgender

Community United Against Violence (CUAV)	415-333-HELP
WOMAN, Inc	415-864-4722
Pacific Center	548-8283

Support Services

Eden Information and Referral ...	537-2552
Victim Witness Assistance	272-6180
CalWORKS, Domestic Violence Resources	800-246-6833
Child Protective Services	259-1800
Adult Protective Services	525-2280

Offenders Programs

POCOVI (Latinos)	415-552-1361
Peace Creations, Oakland	834-7088

Make a Safety Plan

Everyone has the right to be safe and the right to get help when they need it.

A safety plan is a way to get out of an unsafe place or an unsafe relationship, step by step. A safety plan can help you figure out what to do, where to get support and what your choices are. It can help you figure out who you can ask for help.

Identify the overall goal of your plan and talk to someone else about it:

- Who do you know personally who can help you deal with this problem?
- What are the specific things they can do to help you?
- Who else can you go to outside of friends or relatives?

Identify the major actions you can take to achieve your goal:

- Talk to a counselor.
- Get some advice from a hotline.
- Obtain a restraining order or contact your local police.

Everyone deserves to live free from violence!

Are you in a relationship with someone who...?

- Is jealous and possessive toward you? Checks up on you constantly, tries to control who you see & where you go?
- Isolates you? Puts down your friends and family, wants all your time, cuts you off from those who support you?
- Is verbally abusive? Calls you names, puts you down, criticizes or humiliates you?
- Scares or intimidates you? Makes you feel afraid to disagree?
- Is violent or loses their temper quickly? Hits, pushes or shoves you, threatens to hurt you, breaks or throws objects?
- Tries to manipulate, force or guilt you into having sex?
- Blames you for their problems? Blames you for the abuse saying you “made them do it” or you provoked them?

If you answered yes to any of these questions, you may be in an abusive relationship.

You are NOT alone...



City of Berkeley Resource Guide

Prepared by the:
Berkeley City Health Department
Domestic Violence Prevention
2344 6th Street, Berkeley, CA 94710
510-981-5303

You do have choices:

Remember that although you do not have control over your partner's violence, you do have choices about how to respond. Plan your escape in advance to increase safety for you and your children.

If a violent incident occurs:

- Find a room with access to a quick exit.
- Avoid the kitchen or rooms with weapons.
- Devise a code word to alert your friend, children, or neighbor to call 911.

Before you leave:

- Develop an “exit plan” and practice it with your children as appropriate.
- Know where you can go in the middle of the night and how to get there.
- Pack an overnight bag including originals or copies of the following items. Leave it in a safe place or with a friend.

If you or someone you know has questions about a relationship, talk to someone. You are not alone.

Items to take when leaving

- Personal identification and Welfare identification
- Birth certificates and passports for you and your children
- Driver's license and car registration
- Prepaid calling card
- Domestic violence hotline numbers
- Work authorization documents, Social Security cards
- Restraining order
- Child custody court orders
- School and immunization records
- Checkbook, savings account books, cash, ATM card, credit cards
- Keys to house, car, and office
- Medications and prescriptions
- Extra clothing for you and your children
- Rental agreement, house deed
- Insurance papers
- Photographs, albums
- Address book, telephone numbers
- Children's favorite toy/blanket