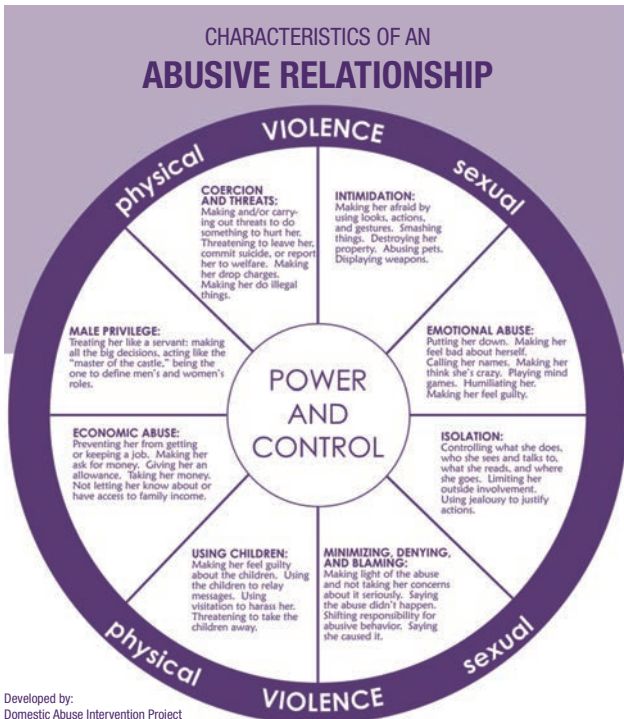


Developed by:
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202 East Superior Street, Duluth MN 55802
218.722.4134



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National & Statewide Domestic Violence Resources

National Domestic Violence Hotline
24 hours a day, Toll-free
1-800-799-7233
www.thehotline.org

Love is Respect –
National Teen Dating Abuse Helpline
1-866-331-9474
Text "loveis" to 22522
www.loveisrespect.org

www.DomesticShelters.org
National online search tool to locate
nearest shelter and services

NM Legal Aid Domestic Violence Helpline
1-877-974-3400
helpline@nmlegalaid.org
www.newmexicolegalaid.org

Coalition to Stop Violence
Against Native Women
505-243-9199
www.csvanw.org

New Mexico Coalition of
Sexual Assault Programs
1-888-883-8020
www.nmcsap.org

Call 911 if you are in danger or need immediate help.



1000 Cordova Place, #52
Santa Fe, NM 87505
(505) 246-9240
info@nmcadv.org
www.nmcadv.org

The New Mexico Coalition Against Domestic Violence (NMCADV) works to achieve a coordinated local, regional and statewide response to domestic violence through: public awareness, education, training, technical assistance, and legislative and policy advocacy. NMCADV serves as a clearinghouse for information and referrals. We collaborate with groups and organizations all across New Mexico

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Domestic Violence Services in New Mexico

Alamogordo
C.O.P.E., Inc.
1-866-350-2673

Albuquerque
DVRC
505-248-3165

Enlace Comunitario
505-246-8972

S.A.F.E House
505-247-4219

Artesia
Grammy's House
575-365-5144

Carlsbad
Carlsbad Battered Families
Shelter
575-885-4615

Clovis
The Hartley House
1-800-401-0305
Crisis Line
505-769-0305

Deming
The Healing House
575-546-6539

Espanola
Crisis Center of Northern NM
1-800-206-1656
ENIPC Peacekeepers DV
Program
1-800-400-8694

Farmington
Family Crisis Center
1-888-440-9192

NUMC New Beginnings
505-325-7578

Gallup
Battered Family Services
1-800-634-4508

Grants
Roberta's Place
505-287-7724

Hobbs
Option, Inc.
575-397-1576

Las Cruces
La Casa
1-800-376-2272

Las Vegas
Tri-County Family Justice
Center of Northern NM
505-425-1048

Los Lunas
Valencia Shelter Services
505-864-1383

Moriarty/Estancia
Torrance County Project
Office
505-705-0925

Raton
Alternatives to Violence
575-445-5778

Rio Rancho
Haven House
1-800-526-7157

Roswell
Roswell Refuge
575-627-8361

Ruidoso
C.O.P.E., Inc.
1-866-350-2673

Ruidoso
H.E.A.L
1-866-378-6378

Santa Fe
Esperanza Shelter
1-800-473-5220

Shiprock
Strengthening Families
505-368-1157

Silver City
El Refugio
1-888-538-2125

Socorro
El Puente del Socorro
575-835-0928

Taos
Community Against Violence
575-758-9888

Truth or Consequences
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Do you feel safe with your partner?

If you recognize just ONE trait from the Power & Control Wheel, you might be in an abusive relationship.

Keep in mind that...

- You are not alone.
- You have choices.
- You deserve to be safe at home.

Talk with someone about what is going on; they may be able to help you.

It is hard to decide when to leave, but when you are ready you must have a safety plan.

Collaborate **Communicate**
Connect **Coalition**
Coordinate

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Personal Safety Planning

What is a safety plan?

It is a tool that allows you to plan for situations that ensure your safety. You can choose to leave, remain in the relationship or get an order of protection. You may choose to go to shelter or stay with friends or family. Each option has its own risks to consider when developing a safety plan.

Here are some general questions that can guide you in creating your safety plan:

- What are your risks in different locations: school, your children's school, home and work?
- Who are your allies in each location? (An ally is someone you can trust and who can help you be safe.)
- How can you enlist the support of your allies?
- What actions can you take to increase your safety in each location or situation?

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- What are the barriers to your safety in each location or situation?
- What solutions can you come up with that will increase your safety in each situation?
- What would your day look like if you were safe?

A safety plan is a continual process that should look at every aspect of your life to ensure the utmost safety. A safety plan is constantly evolving. As your life moves forward, your safety plan will need to be examined and altered to fit both minor and major life changes, for example a new job or any other changes in your daily routine.

Safety Plan for Staying

Personal Safety

- If an argument seems unavoidable, try to move to a room with access to an exit. Stay away from the bathroom, kitchen, and bedroom or anywhere weapons might be available.
- Identify neighbors you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.

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- Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what they want to calm him down. You also have the right to protect yourself until you are out of danger.

Children's Safety

- Devise a code word to use with your children, family, friends and neighbors when you need the police.
- Practice how to get out of your home safely. Identify which doors, windows, elevator, stairwell, etc. would be best.
- Teach your children how to use the telephone to contact the police and fire department.

Emergency Safety

- Decide and plan where you will go if you have to leave home (even if you do not think you will need to do so).
- Keep your purse and car keys ready in order to leave quickly.
- Have a packed bag ready and keep it at a relative's or friend's home in case you need to leave quickly.

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Safety Plan for Leaving

Abusers can take drastic actions when they find out they are losing the thing they thought they had control over. Emotions are high. For victims, this is the most dangerous time in an abusive relationship. Do the thinking *before* taking action.

Economic Safety

- Open a savings account and/or credit card in your own name to establish or increase your independence. Think of other ways in which you can increase your financial independence.

Children's Safety

- Identify the people who have permission to pick up your children and inform the people who take care of your children who they are. Also, tell them your partner is not permitted to do so.

Leaving Safely

- Leave money, an extra set of keys, copies of important documents, extra medicines/prescriptions and clothing with someone you trust so you can leave quickly.

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- Identify places you can go where you feel comfortable and safe and/or identify your local emergency shelter.
- Determine who would be able to let you stay with them or lend you some money.
- Always tell a friend or family member where you are and with whom you are staying.

Staying Safe

- Keep the shelter hotline number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- Review your safety plan as often as possible in order to plan the safest way to leave your abuser
- **Remember leaving your abuser is a very dangerous time.** Statistically, the victim is considered most at risk during the first 72 hours.

Always remember you don't deserve to be hit or threatened!

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