

## Survival Needs

### Do you have:

✓ **A place to live or a safe place to go?**

*We have a safe shelter.*

✓ **Money or a way to get money?**

*You may be eligible for an emergency grant from the Department of Human Services Self Sufficiency Program.*

✓ **Transportation or a way to leave?**

*We can transport you from a public place to the shelter and we have local bus tickets available for shelter residents.*

✓ **Food or a way to get food?**

*You may be eligible for emergency food stamps from the Department of Human Services and we have a list of places to get a food box.*

✓ **If needed, safe and reliable child care?**

*You may be eligible for emergency child care through the Community Action Agency.*

## Legal Options

**Criminal charges** - if you have been physically injured, sexually assaulted, threatened, harassed, or stalked you can report the crime to the police. This may lead to the abuser being arrested and given a no-contact order.

**Restraining order** - if the abuse occurred in the last 6 months, you can file for a court order that directs your abuser to stay away from you. You can also ask for temporary custody of the children and temporary exclusive use of the home. In some cases, supervised or limited visitation of the children may be granted.

**Legal help** - if your abuser has threatened to take the kids or you want to get a divorce, you may need a lawyer.

Referrals for these and other services you may need are on the back or call us at

**(503) 399-7722**

Or toll free

**1 (866) 399-7722**

***Planning for  
your Safety***



It is your decision if and when it is time to leave an abuser. We hope this information will be helpful in your decision making process.

Please call us 24 hours a day, 7 days a week at **(503) 399-7722** or toll free at **1 (866) 399-7722**.

## Identifying Support

Many abusers isolate their victims geographically and socially. As a result, many women have lost their support system. Developing a support network can be very helpful when planning for your safety. There are many people and places to turn to for help. Some are listed below:

- ✓ Friends
- ✓ Family
- ✓ Domestic and sexual violence hotline
- ✓ Women's support groups
- ✓ Faith communities
- ✓ Counselors
- ✓ Others

Think about the following questions when asking for support:

How have these people helped me in the past? How might they help me now?

## What to take if you leave

### If you have time, you may want to take the following items:

- ✓ Identification: Driver's license, social security cards for you and your children, work permit, green card, passport
- ✓ Money, checkbooks, credit/debit cards
- ✓ House and car keys
- ✓ Medications
- ✓ Address book
- ✓ Change of clothes

### The following papers are easily replaceable:

- ✓ Birth certificate (at the county courthouse)
- ✓ Restraining order, stalking order, divorce papers, custody order (also at the county courthouse)
- ✓ Insurance papers (at your agent's office)
- ✓ Lease (at your landlord's office)
- ✓ Medical records (at your doctor's office)

Remember, it's okay if you forget something you need. Your support system may be able to help you replace things you need. You can also call the hotline to find out how to get certain items.

## Community Resources

### Emergency Assistance and Food Stamps Department of Human Services

North Salem Branch  
(503) 378-2720

South Salem Branch  
(503) 378-6327

Stayton Branch  
(503) 769-7439

Woodburn Branch  
(503) 982-9991

#### Legal Assistance

Legal Aid - Salem  
(503) 581-5265

#### Reporting a Crime

911 for emergencies

Salem Police Department  
(503) 588-6123 for non-emergencies

Marion County Sheriff Department  
(503) 588-5032 for non-emergencies

#### Restraining Orders

Marion County Courthouse  
(503) 588-5105

#### Stalking Orders

Call a local police branch to file an order with an officer

#### Victim Assistance - Marion County

(503) 588-5253

### MID VALLEY WOMEN'S CRISIS SERVICE

795 Winter St NE

PO Box 851

Salem Or 97308

**24 Hour Hotline (503) 399-7722**

**Toll Free 1 (866) 399-7722**

Business Office (503) 378-1572

Fax (503) 364-7998

Website: [www.mvwcs.com](http://www.mvwcs.com)

Email: [mvwcs@mvwcs.com](mailto:mvwcs@mvwcs.com)

Adult Safety Plan Trifold En V3 02/2003



## Planning for your Safety



No one deserves  
to be abused