



Town of Dublin

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Phone: (603) 563-88544

Domestic Violence Safety Plan

Dublin Police Department
1122 Main St / PO Box 283
Dublin, New Hampshire 03444

Phone: (603)-563-8411 Fax (603)-563-5401

DOMESTIC VIOLENCE SAFETY PLAN RESOURCE GUIDE

SAFETY DURING AN EXPLOSIVE INCIDENT

- If an argument seems unavoidable, try to have it in a room or area with access to an exit and not in the bathroom, kitchen or any where near weapons.
- Practice how to get out of your home safely. Identify which doors, windows, stairs would be best.
- Have a packed bag ready and keep it in a secret but accessible place in order to leave quickly.
- Identify a neighbor you can tell about the violence and ask that they call 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.
- Decide and plan for where you will go if you have to leave home (even if you don't think you will need or choose to).
- If the situation is very dangerous, use your own instincts and judgments to keep safe. You have the ability to obtain a restraining order at court during business hours and through police nights and weekends.

SAFETY WHEN PREPARING TO LEAVE

- Determine who would let you stay with them or lend you some money.
- Always try to take your children with you or make arrangements to leave them with someone safe.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust.
- Open savings account in your own name to begin establishing or increasing your independence. Make sure that the bank statements are mailed directly to a trusted friend or family member. Think of other ways in which you can increase your independence.
- Keep shelter numbers close at hand and keep change, calling card or cell phone with you at all times.

- Review your safety plan with a domestic violence advocate in order to plan the safest way to leave you batterer.

Always Remember – You Have the Right Not To Be Abused In Your Relationship
Physically, Emotionally or Sexually!

Attention: You have the right to appear before the district or superior courts to apply for a protective order or to go to your local police department to sign a criminal complaint against your abuser.

RSA 173-B:10

SAFETY WITH A RESTRAINING ORDER

- Keep your restraining order with you at all times. Leave extra copies at work, with a friend, in your car, etc.
- Call the police if your partner breaks the protective order, even if only by phone.
- Think of alternative ways to keep safe if the police do not respond right away.
- Inform family, friends and neighbors that you have a restraining order in effect.
- Try to avoid places in the community where your batterer may frequent.

Remember: Leaving your batterer can be the most dangerous time!

SAFETY ON THE JOB AND IN PUBLIC

- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- If you have to communicate with your partner, determine the safest way to do so.
- Work on having positive thoughts about yourself and be assertive with others about your needs.
- Plan to attend a support group for at least one month to gain support from others and learn more about yourself and the relationship.
- Decide who can call freely and openly to give you the support you need.
- Read books, articles and poetry to help you feel stronger.
- Always remember you have the right NOT to be abused in a relationship, physically, emotionally or sexually.

If you are the victim of domestic violence and believe law enforcement protection is needed for your physical safety, you have the right to request that the officer assist in providing for your safety, including asking for an emergency telephonic order of protection. You may also request that the officer assist you in obtaining from your premises and cartilage: toiletries, medication, clothing, business equipment and any other items determined by the court, and in locating and taking you to a local safe place including, but not limited to , a designated meeting place to be used as a crisis center, a

family member's or friend's residence, or a similar place of safety. If you are in need of medical treatment, you have the right to request the officer assist you in obtaining an ambulance.

IMPORTANT PHONE NUMBERS

EMERGENCY: 911 OR 355-2000

POLICE: Dublin Police Department Business-	563-8411
NH State Police	358-3333

VICTIM SERVICES & COUNSELING:

Victim-Witness Advocate	352-0056
Monadnock Center for Violence Prevention (24 Hour Hotline)	352-3782
NH Helpline	1-800-852-3388
Monadnock Family Services Help Line	924-7236
Keene Safe House	1-800-368-4357
Dublin Welfare Help	352-3844
WIC Program	563-8544
NH Victim Assistance Comm.	352-7512 ext. 234
Legal Help Line	1-800-300-4500
NH Legal Assistance	1-800-852-3388
Samaritans Crisis Hotline (Peterborough)	1-800-562-3174
Samaritans Crisis Hotline (Keene)	924-7000
	357-5505