


Distributed by:

legal action

- Ask the physician to document your injuries in your medical record and to photograph visible injuries - these confidential medical records and photographs may be helpful if you choose to take legal action
- If you are physically injured, go to a doctor or hospital emergency room and tell them what happened to you
- Call the battered women's program in your area for guidance - if an incident of abuse occurs, call the police immediately
- Call the Domestic Violence Hotline at 1-800-572-SAFE (7233) for information and referral to your local battered women's program and give it to a friend for safekeeping
- Keep a small bag packed with essentials for you and your children and transportation to a safe place
- Make sure you have access to house and car keys, money,

STEPS FOR YOUR PROTECTION...



**If you or someone you
know is being abused,
break the cycle,
end the silence!**

Make a confidential call for help

1-800-572-SAFE

TTY 609-392-2990

(Translators Available)

End Domestic Violence

You have the right to be safe.

No one has the right to abuse you. If you are being abused, you may request a Temporary Restraining Order (TRO) to help protect you from further abuse.

A TRO can:

- Forbid your attacker from entering your home
- Forbid your attacker from having contact with you or your relatives, or bothering you at work
- Require your attacker to pay temporary support for your children or you
- Require your attacker to pay you back money spent on medical treatment for injuries inflicted by your attacker
- Grant you temporary custody of your children

How to get a TRO:

- Contact the Family Part of the Superior Court in your county Monday through Friday (8:30 a.m. - 3:30 p.m.).
- On weekends, holidays, and after 3:30 p.m. from Monday to Friday, you can request a TRO from the Municipal Court in your area - this is usually done through your local police department.
- To receive information about contacting a court for a TRO, call your local police department or call the **Statewide Domestic Violence Hotline 1-800-572-SAFE (7233)**.

If you need help:

For emergency shelter, counseling or other services, call the **Statewide Domestic Violence Hotline 1-800-572-SAFE (7233)**. (This hotline is toll-free, 24 hours-a-day, 7 days-a-week. It also is bilingual and TDD-equipped for the hearing impaired).

Call your local domestic violence program for:

- Emergency shelter
- Counseling
- Help with filling out forms
- Legal advocacy
- Lawyer referral
- Assistance in preparing for a court appearance