

**Kansas Domestic & Sexual Violence
Helpline Numbers**
Kansas Crisis Hotline
1-888-END ABUSE

DV= domestic violence services only
SV= sexual violence services only

Atchison	800-367-7075 or 913-367-0363
Dodge City	620-225-6510
El Dorado	800-870-6967 or 316-321-7104
Emporia	800-825-1295 or 620-342-1870
Garden City	620-275-5911
Great Bend	866-792-1885 or 620-792-1885
Hays	800-794-4624 or 785-625-3055
Hutchinson	800-701-3630 or 620-663-2522
Iola	620-365-7566
Kansas City, KS	El Centro, Inc. ¡Si Se Puede! (dv) 913-677-0177
	Friends of Yates / Joyce H. Williams Center (dv) 913-321-0951
Kansas City, MO	KCAVP 816-561-0550
	MOCSA (sv) 816-531-0233
Lawrence	GaDuGi Safe Center (sv) 785-841-2345
	Women's Transitional Care Services (dv) 800-770-3030 or 785-843-3333
Leavenworth	800-644-1441 or 913-682-9131
Liberal	620-624-8818
Manhattan	800-727-2785 or 785-539-2785
Mayetta	866-966-0173 or 785-966-966-0173
Newton	800-487-0510 or 316-283-0350
Overland Park	888-432-4300 or 913-262-2868
Pittsburg	800-794-9148 or 620-231-8251
Salina	800-874-1499 or 785-827-5862
Topeka	888-822-2983 or 785-354-7927 evening 785-234-3300
Ulysses	888-229-8812 or 620-356-2608
Wichita	Catholic Charities Harbor House (dv) 866-899-5522 or 316-263-6000
Wichita	StepStone (dv) (office) 316-265-1611
Wichita	Wichita Area Sexual Assault Center (sv) 316-263-3002 por español: 316-263-2044
Wichita	YWCA Women's Crisis Center (dv) 316-267-SAFE (7233)
Winfield	800-794-7672 or 620-221-HELP (4357)

Safety and Emotional Health

Get support.

Call a domestic violence crisis help-line and/ or attend a women's or victims' support group for at least two weeks to gain support from others and learn more about yourself and the relationship with the abuser.

Do what is safe for you.

If you have to communicate with the abuser, arrange to do so in the way that makes you feel safe – whether by phone, mail or in the company of another person.

Safety and Your Children

Tell schools and childcare.

Let them know who has permission to pick up the child/ren and give them your code word. Discuss with them other special provisions to protect you and your child/ren. Provide a picture of the abuser if possible.

Exchange child/ren in a safe place.

Find a safe place to exchange the child/ren for visitation. Some communities have specific locations just for this purpose. Contact your local domestic violence victim services program (see "Kansas Domestic & Sexual Violence Helpline Numbers") for more information.

**You and your children
deserve to be safe.**

Safety on the Job

Tell somebody.

Decide whom at work you will inform of your situation, especially if you have a Protection From Abuse Order (PFA). This may include office security if available. Provide a picture of the abuser if possible. It is your right to request and expect confidentiality from those you disclose to.

Screen your calls.

Arrange to have someone screen and log your telephone calls if possible.

Make a safety plan.

Create a safety plan for when you enter and leave your work place. Have someone escort you to your vehicle or other transportation.

If you and the abuser work at the same place, discuss with your supervisor your options regarding scheduling, safety precautions, employee/family benefits.

Contact your local domestic violence victim services program (see "Kansas Domestic & Sexual Violence Helpline Numbers") to receive additional information about workplace safety.

In an Emergency, Call 911

For Support, contact the following:

The program nearest you (see "Kansas Domestic & Sexual Violence Helpline Numbers"),

Kansas Crisis Hotline

1-888-END-ABUSE (1-888-363-2287), or

National Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233)

Paid for by a collaborative project between Kansas Department of Social and Rehabilitation Services (SRS) and Kansas Coalition Against Sexual and Domestic Violence (KCSDV).

SAFETY PLAN

For Victims of Domestic Violence

This safety plan is for victims of domestic violence. Safety planning helps develop tools in advance of potentially dangerous situations. Choose only the suggestions listed here that make sense for your set of circumstances.

Kansas Coalition Against
Sexual and Domestic Violence



SAFETY, ACCOUNTABILITY & JUSTICE
for victims of sexual assault and
domestic violence and their children

Safety During an Explosive Incident

Go to an area that has an exit.

Not a bathroom (near hard surfaces), kitchen (knives), or near weapons.

Stay in a room with a phone.

Call 911, a friend or a neighbor, if possible. Inform them if there are weapons in the home.

Know your escape route.

Practice how to get out of your home safely. Visualize your escape route.

Have a packed bag ready.

Keep it hidden in a handy place in order to leave quickly, or leave the bag elsewhere if the abuser searches your home.

Devise a code word or signal.

Tell your child/ren, grandchildren or neighbors so you can communicate to them that you need the police.

Know where you're going.

Plan where you will go if you have to leave home, even if you don't think you'll need to.

Trust your judgment.

Consider anything that you feel will keep you safe and give you time to figure out what to do next. Sometimes it is best to flee and sometimes it is best to placate the abuser – anything that works to protect yourself and the children.

Safety When Preparing to Leave

Leaving can be the most dangerous time!

Have a safe place to stay.

Make sure it is a place that can protect you and your child/ren or grandchildren.

Call a domestic violence victim service program.

Find out which services and shelters are available as options if you need them. Keep their address and phone number close at hand at all times.

Find someone you trust.

Leave money, extra keys, copies of important documents and clothing with them in advance, so you can leave quickly, if necessary.

Open a savings account.

Put it in your name only, to increase your independence. Consider direct deposit from your paycheck or benefit check.

Review your safety plan.

Study and check your plans as often as possible in order to know the safest way to leave the abuser.

Concerns about immigration status.

You may qualify under a law called the Violence Against Women Act. Talk to an immigration expert (not Immigration and Customs Enforcement) or your local domestic violence victim services program (see "Kansas Domestic & Sexual Violence Helpline Numbers") for more information.

Safety in Your Own Home

(If the abuser does not live with you)

Upgrade your security system.

Change the locks on doors and windows as soon as possible. Consider a security service, window bars, better lighting, smoke detectors and fire extinguishers.

Have a safety plan.

Teach your child/ren or grandchildren how to call the police or someone they can trust. Have a secret code word that you and your children agree on – to communicate trouble and for the people who are allowed to pick the children up.

Change your phone number.

Screen your calls if you have an answering machine or caller ID. Save all messages with threats or that violate any orders. Contact your local phone company about getting an unpublished number.

Talk to neighbors and landlord.

Inform them that the abuser no longer lives with you and that they should call the police if they see the abuser near your home.

Get legal advice.

Find a lawyer knowledgeable about domestic violence to explore custody, visitation and divorce provisions that protect you and the children. Discuss getting a restraining order as an option.

The abuser may be mandated to a batterers' intervention program. Talk with the program to find out more about potential risks to you while the abuser participates. Additionally, contact your local domestic violence victim services program (see "Kansas Domestic & Sexual Violence Helpline Numbers").

In an Emergency, Call 911

For support, call the domestic violence program nearest you (see the helpline numbers) the **Kansas Statewide Hotline at 888-END ABUSE (363-2287)** or the National Domestic Violence Hotline at **800-799-SAFE (7233)**.

Important Telephone Numbers

Police _____

Domestic Violence Program _____

Friend _____

Other _____

If you decide to leave, Take With You ...

- Marriage and Driver's licenses
- Birth certificates – yours and family's
- Money, checkbooks, credit cards, ATM cards, mortgage payment book, car title
- Social Security card, work permit, green card, passport, visa
- Divorce, custody papers and restraining order
- Insurance papers and medical records
- Lease, rental agreement and/or house deed
- School and health records
- Keys – house, car, office, friend's
- Medications, glasses, hearing aids, etc. needed by you and your family
- Personal items – address book, pictures, toys
- Copies of your spouse's green card or social security card and all immigration related documents
- Benefit card