

## Follow-up Instructions

### **If you are currently being abused...**

As you read this, you may be feeling confused, frightened, sad, angry or ashamed. You are not alone! Unfortunately, what happened to you is very common. Domestic violence and abuse does not go away on its own. It tends to get worse and more frequent with time. There are people who can help you. If you want to begin talking about the problem, need a safe place to stay, or want legal advice – call one of the resources given to you today.

### **While still in the clinic...**

- Think about whether it is safe to return home. If not, call one of the resources given to you today, or stay with a friend or relative.
- Battering is a crime and you have the right to legal intervention. You should consider calling the police for assistance. You may also obtain a court order prohibiting your partner from contacting you in any way (including in person, phone, electronically, etc.). Ask your doctor for information on your local domestic violence and abuse program and the number of their crisis line. You may also contact an attorney for more information.
- Ask the doctor or nurse to take photos of your injuries to become part of your medical record.

### **When you get home...**

- Develop an “exit plan” in advance for you and your children. Know exactly where you could go even in the middle of the night – and how to get there.
- Pack an “overnight bag” in case you have to leave home in a hurry. Either hide it yourself or give it to a friend to keep for you.
- Pack toilet articles, medications, an extra set of keys to the house and car, an extra set of clothing for you and your children, and a toy for each child. Keep in a safe place.
- Have extra cash, loose change for phone calls, checkbook, or savings account book hidden or with a friend.
- Pack important papers and financial records (the originals or copies), such as social security cards, birth certificates, green cards, passports, work authorization and any other immigration documents, voter registration cards, medical cards and records, driver’s license, rent receipts, title to the car, proof of insurance, and pay stubs or bank receipts showing earnings and payments made by the perpetrator, etc. Keep in a safe place.

Dial 800-799-SAFE to speak to a crisis counselor or locate a shelter near you.