

Staying Safe

If someone is hurting, scaring, or controlling you, it is not your fault, and help is for you, whoever you are and whoever you love.



Right now, free and confidential:

The Women's Center, New Bedford (24-hour): **508-999-6636** · SafeLink statewide (24/7): **877-785-2020** · National hotline: **1-800-799-7233** · In danger now: **911**

Abuse is not only hitting. It can be controlling your money, your phone, or where you go; threats; constant put-downs; or using your pregnancy, your kids, or your identity against you. It happens in LGBTQ+ relationships too, and this help is for you.

Signs to take seriously

- They control your money, phone, or who you see.
- They threaten you, the baby, or themselves to keep you.
- They scare you, then say it is your fault.
- They threaten to out you, or to use your gender identity or immigration status against you.
- You change what you do to avoid setting them off.

A simple safety plan

Know where you would go.

A friend, family, or a shelter. Save the hotline numbers above under a code name in your phone.

Keep a go-bag if you can.

IDs, birth certificates, MassHealth card, medications, a little cash, phone charger, a few things for the baby.

Pick a code word.

One word that tells a trusted person to call for help or come get you.

Think about your devices.

If they track your phone, use a friend's phone or a library computer to reach out.

Call before you leave if you can.

Leaving can be the most dangerous moment. An advocate on the lines above can help you plan it safely.

For LGBTQ+ survivors: The Women's Center in New Bedford is openly welcoming to LGBTQ+ people. You do not have to explain or defend your relationship to get help. For legal questions about custody and parentage, GLAD Answers can help, free: **800-455-4523**.

This sheet is general support information, not legal or safety advice for your specific situation. An advocate on the hotlines above can help you make a

plan that fits you.