

**Do you think you're being abused?**  
**Abuse can be emotional, physical or sexual.**  
**Physical attack is one sign.**

**Here are others:**

Your partner...

- Won't let you leave the house or spend time with friends and family
- Constantly criticizes you, tells you that you are worthless
- Makes you fearful that you will do or say something "wrong"
- Makes you believe that it's your fault
- Is jealous, and accuses you of being unfaithful
- Damages your possessions, or injures your pets
- Threatens to take custody and/or not allow you to see your children.

If any of these sound familiar, you may be in an abusive relationship. Domestic violence is a crime and there are laws and programs to help protect you and your children. Call for help.

*Nationwide, a woman is battered by a husband, partner, or loved one every 12 seconds.*

*It happens to women of every age, race, culture, religion or sexual preference.*

*You are not to blame.*

*You are not alone.*



**781-438-7228**

*For more information, resources for help, and educational programs*  
**[stoneham.against.violence@hotmail.com](mailto:stoneham.against.violence@hotmail.com)**

**NO ONE DESERVES  
TO LIVE WITH  
VIOLENCE OR FEAR**

**Police** 911  
Domestic Violence Officer 781-438-1215

**Battered Women's Shelters:  
24-Hour Advice and Information**

National Hotline 800-799-SAFE  
DOVE (Quincy) 617-471-1234  
Elizabeth Stone House (JP) 617-522-3417  
HarborCOV (Chelsea) 617-884-9909  
HAWC (Salem) 978-744-6841  
Portal to Hope (Medford) 781-306-6678  
Respond (Somerville) 617-623-5900  
SafeLink 1-877-785-2020  
REACH (Waltham) 800-899-4000  
Transition House (Cambridge) 617-661-7203

**Hospitals**

Hallmark Health (Melrose) 781-979-3300  
Emergency Room 781-273-8100/8610  
Lahey Clinic (Burlington) 781-306-6000  
Lawrence Memorial (Medford) 617-726-2000  
Mass. General (Boston) 617-499-5025  
Mt. Auburn (Cambridge) 978-741-1200  
North Shore Medical Center 781-729-9000  
Winchester Hospital



**Other Support and Services**  
Alcoholics Anonymous 617-426-9444  
Alliance Against Violence (Melrose) 781-662-2010  
Asian Task Force (Boston) 617-338-2355  
Boston Area Rape Crisis 617-492-7273  
Cambridge & Somerville Legal Services 617-603-2700  
Child Abuse Hotline 800-792-5200  
Dept. of Transitional Assistance 781-388-7394  
Disabled Abuse Hotline 800-426-9009  
Domestic Abuse Hotline 800-799-SAFE/7233  
Elder Abuse Hotline 800-922-2275  
GLBT/La Red 617-695-0877  
Immigration Legal Services 617-451-7979  
Jane Doe, Inc. 617-248-0922  
Mass. Bar Association 866-627-7577  
Narcotics Anonymous 866-624-3578  
Parental Stress Hotline 800-632-8188  
Riverside Outpatient Center 781-246-2010  
Tri-City Crisis Line 800-988-1111

**Middlesex County DA's Office**  
Domestic Violence Unit 617-679-6526  
Victim Witness Advocates (Malden) 781-322-2020

**Help for Batterers**  
Emergency 617-547-9879  
IMPACT Program 781-324-2218

**781-438-SAAV**

**stoneham.against.violence@hotmail.com**

**CHECKLIST: What you need to take when you leave**

**Identification**

- Driver's License
- Children's birth certificates
- Your birth certificate
- Social Security card
- Welfare identification

**Financial**

- Money order and/or credit cards
- Bank books
- Checkbooks

**Legal Papers**

- YOUR RESTRAINING ORDER
- Lease, rental agreement, house deed
- Car registration and insurance papers
- Health and Life insurance papers
- Medical records for you and your children
- School records
- Work permits/Green card/VISA
- Passport
- Divorce papers
- Custody papers

**Other**

- House and car keys
- Medications
- Small saleable objects
- Jewelry
- Address book
- Phone card
- Pictures of you, children & your abuser
- Children's small toys
- Toiletries/diapers
- Change of clothes for you and your kids