



# SAN DIEGO REGIONAL GUIDE DOMESTIC VIOLENCE RESOURCES



**National Domestic Violence Hotline 1-800-799-SAFE (7233)**

## *DOMESTIC VIOLENCE SERVICES AND SHELTERS*

YWCA of San Diego County (Central)	619/234-3164
Center for Community Solutions (East County)	619/697-7477, 888/385-4657
Center for Community Solutions (North County)	760/747-6282, 888/385-4657
Community Resource Center (North County)	877/633-1112
Women's Resource Center (North County)	760/757-3500
Center for Community Solutions (Coastal)	858/272-5777, 888/385-4657
South Bay Community Services (South County)	800/640-2933, 619-420-3620

## *OTHER DOMESTIC VIOLENCE SERVICES* (Partial list)

San Diego Family Justice Center (Central)	619/533-6000, 866/933-4673
Palomar Health Forensic Health Services – DV Assault Forensic Exam Program	888/211-6347, 760/739-2150
Jewish Family Services – Project Sarah	858/637-3200
Southern Indian Health Council	619/445-1188
Indian Health Council	760/749-1410
License to Freedom	619/401-2800
Rancho Coastal Humane Society - Animal Safehouse Program (North County)	760/753-6413
Stalking Information Line (County of San Diego District Attorney's Office)	619/515-8900
San Diego LGBT Community Center	619/692-2077
San Diego City Attorney's Office, Victim Services Coordinators	619/533-5544
SD District Attorney's Office, Victim Assistance Program:	
Central: 619/531-4041, East: 619/441-4538, Juvenile: 858/694-4254, South: 619/498-5650, North: 760/806-4079	

## *OTHER HOTLINES* (Partial list)

Access & Crisis Line (24 Hour)	888/724-7240
Children Welfare Services & the Child Abuse Hotline (24 Hour)	800/344-6000
Aging and Independence Services & Adult Protective Services(24 Hour)	800/339-4661
Center for Community Solutions - Sexual Assault Crisis Line (24 Hour)	888/385-4657
National DV Crisis Intervention, Information and Referral (24 Hour)	800/799-SAFE (7233)
Rape, Abuse, Incest National Network (RAINN) Hotline (24 Hour)	800/656-HOPE (4673)
211 (24 Hour)	211 (cell 800-227-0997)
Meth Hotline	877/NO-2-METH (877-662-6384)

## *SPANISH SPEAKING AGENCIES (SE HABLA ESPAÑOL)* (Partial list)

National Domestic Violence Hotline	800/799-7233
Access & Crisis 24-Hour Hotline	888/724-7240
Casa Familiar	619/428-1115
Chicano Federation of San Diego County, Inc.	619/285-5600
Rady Children's Hospital, Chadwick Center - Trauma Counseling Program	858/966-5803
North County Lifeline	760/726-4900
San Diego Family Justice Center	619/533-6000
South Bay Community Services 24-Hour Hotline and Services	800/640-2933

## *MILITARY RESOURCES* (Partial list)

For referrals for family service and advocacy centers serving Camp Pendleton, MCAS Miramar, MCRD, Naval Base San Diego, NAS North Island, & Sub Base Fleet: Call Military OneSource at 800/342-9647 (24-hour hotline, not confidential) You may call the Family Justice Center Military Liaison 619/533-3592 (confidential) or National DV Hotline 800/799-7233.

## *CHILDREN'S RESOURCES* (Partial list)

Child Welfare Services & the Child Abuse Hotline	800/344-6000
District Attorney's Office Child Abduction Unit	619/531-4345
Rady Children's Hospital, Chadwick Center - Trauma Counseling Program (Main Center)	858/966-5803
Rady Children's Hospital, Chadwick Center - Trauma Counseling Program (South)	619/420-5611
Rady Children's Hospital, Chadwick Center - Trauma Counseling Program (North)	760/967-7082, opt 3

Taking time to think about steps to increase your safety and the safety of your children is important, whether you have left, are considering leaving, or are currently in an abusive relationship. You may call a domestic violence advocacy agency to assist you in safety planning.

Call (800) 799-SAFE (800-799-7233) to speak with a confidential advocate or to be referred to an agency that specializes in domestic violence. You may also reference the Domestic Violence Service hotlines listed in the top section on Page 1. The National DV Hotline's website for safety planning ideas and steps for internet safety: <http://www.thehotline.org/help/path-to-safety/>

## *JAIL & PRISON NOTIFICATION*

Inmates may be released at any time of the day. You may register an email address and/or telephone number(s) with VINE ("Victim Information and Notification Everyday") in order to be notified when an inmate is to be released, is pending release, or when they are to be transferred to a facility in another county or state prison. Call VINE toll-free at (877) 411-5588 or visit <http://www.sdsheriff.net/victims> to register online for this notification.

You may also visit "Who's in Jail" to see current custody status <http://apps.sdsheriff.net/wij/wij.aspx>.

The San Diego County District Attorney's Office offers an online resource providing information about a defendant's pending court appearance: <http://www.sdcca.org/case/index.php>.

## *DOMESTIC VIOLENCE SHELTERS*

There are shelters in San Diego County specifically geared to assisting domestic violence victims. In addition to housing and accommodations, most provide such services as support and information, legal assistance, and counseling. To contact Domestic Violence Services and Shelters, see that section of this guide for current shelter hotline numbers.

## *ORDERING POLICE REPORT(S)*

Domestic Violence victims have a right to one free copy of their police report. Contact the responding law enforcement agency in the jurisdiction in which the incident occurred. Requests for reports can be made to most jurisdictions through the mail or in-person. The following information is necessary to request a report copy: name of the parties involved, date and location of incident, and the report number if available. Bring identification if you go in-person to pick up your report.

## *SAFE AT HOME - CONFIDENTIAL MAILING ADDRESS*

Program participants are provided a confidential mailing address, at no cost, so that may use this instead of their home address. This *mail forwarding program* allows participants to safeguard their address when receiving first-class mail, opening a bank account, completing a confidential name change, filling out government documents, registering to vote, getting a driver's license, enrolling a child in school, and more. You may call toll-free at (877) 322-5227 or visit <http://www.sos.ca.gov/safeathome/applicants-participants.htm> for information and a local enrolling agency.

## *RESTRAINING ORDERS*

You can file for a restraining order at no cost. There are also no cost domestic violence clinics available to assist you in the application process. For a list of updated TRO Clinics and Family Law Facilitators locations and hours visit following website: [www.sdcourt.ca.gov](http://www.sdcourt.ca.gov) and select the "Family" tab and then select "Domestic Violence." You may also visit [www.sdsheriff.net/DV](http://www.sdsheriff.net/DV) for more information on seeking a restraining order.

Arrive early. Be prepared to spend a minimum of one-half of a day to a full day at the court to obtain your restraining order. Arrive a minimum of two hours before the clinic closes. Space is limited at child care facilities at each court house. You are encouraged to make other child care arrangements.

Things to bring with you when you complete your paperwork, if available: Address of the person you would like restrained; date of birth for the person you would like restrained; physical description of the person you would like restrained; photographs of any injuries (if applicable); and a copy of the police report(s) if any.