

**Are You Safe at Home? Are You Safe in Your Relationships?**  
Support Services Are Available in the **Quaboag Hills** and Across the State!  
*(services for people being hurt, & for people at risk of hurting someone who want to change)*



**If you are being controlled, threatened, or hurt by your partner:**

- Call a local dv advocate out of the BHN Domestic Violence Program in Ware at 413-262-7103
- Contact a hotline for support and safety planning. (If immediate danger, consider calling 911.)
  - ❖ Womanshelter/Companeras (Holyoke): 413-536-1628 (24/7)
  - ❖ YWCA (Springfield): 413-733-7100 (24/7)
  - ❖ New Hope (Worcester) 800-323-4673 (24/7)
  - ❖ Safe Passage (Northampton) 413-586-5066 (*weekdays 11am-7pm*)
  - ❖ Safe Link state-wide hotline 877-785-2020 (24/7)(keeps inventory of shelter beds)
  - ❖ National DV Hotline: Can help by text when talking isn't safe - Text LOVEIS to 22522
- If you need a protection court order, you can get one even though you might not go to court in person during COVID. Call an advocate, police, or a hotline to find out how.
- Think about your support system and who you trust. Talk with that person about how they could help if you need to get out quickly and come up with a code word you can use to let them know you need help. Keep your phone charged. Consider contacting a domestic violence advocate to plan for safety or see <https://www.thehotline.org/help/path-to-safety/>.
- If you are at risk of losing housing and need financial help see [www.wayfindersma.org/hcec-assessment](http://www.wayfindersma.org/hcec-assessment) or call a domestic violence advocate listed above.
- Depending on their age, talk to your children about your concerns and make a plan for where they should go and who they should call in an emergency.

**If you are controlling/mistreating someone & WANT TO LEARN HOW TO BE SAFE:**

- Call the 10 to 10 Helpline, 10am to 10pm, 365 days a year. 877-898-3411. It's free, confidential, and anonymous.
- Call Proteus, Intimate Partner Abuse Education Program, 413-967-6241 x 2.

**You are not alone, and your community cares!!!**

*Flyer developed by the [Ware River Valley Domestic Violence Task Force](#). Find us on Facebook or at 413-758-0605, [www.waredvtaskforce.org](http://www.waredvtaskforce.org), or [wrvdvtaskforce@gmail.com](mailto:wrvdvtaskforce@gmail.com).*