


DOMESTIC VIOLENCE IS A HEALTH ISSUE.

Doctor visits can be a good time to talk about how your relationship is affecting your health and the health of your children.

- If you experience domestic violence while pregnant, you may experience complications during pregnancy.
- Your doctor can help you take back control of your pregnancy decisions and refer you to domestic violence resources.
- You have the right to privacy during your doctor visits, even if your partner goes with you to your appointments. Your doctor (or medical office staff) can ask your partner to wait in the waiting room during your visit.

ADDITIONAL RESOURCES

Visit the **Orange County Family Justice Center** to receive court support, legal assistance, and advocacy for domestic violence.

 (714) 765-1645

 150 W. Vermont Ave., Anaheim, CA 92805

 Monday–Friday, 8 AM–5 PM

WE CAN OVERCOME DOMESTIC VIOLENCE

For help with domestic violence,
call 2-1-1 or visit 211oc.org/DV

DOMESTIC VIOLENCE
& HEALTH COLLECTIVE

ORANGE COUNTY

Adapted from "Path to Safety," *National Domestic Violence Hotline*, 2016;
"Healthy Moms, Happy Kids," *Futures Without Violence*, 2013.



HOW ARE MY KIDS AFFECTED?

Children who grow up in a violent household are more likely to have chronic health problems (such as asthma, obesity, headaches), experience learning or behavior problems, be victims of sexual assault, or commit suicide. They are also more likely to become abusive themselves, or be abused as adults. You can talk to your children, and help them by:

- Letting them know it is not their fault.
- Letting them know that you are there to listen and talk to them.
- Asking your child's healthcare provider for resources if your child's health or behavior concerns you.




WHERE CAN I GET HELP?

These hotlines can connect you with local domestic violence resources. Support is free, open 24/7, and available in multiple languages.

- **Call 2-1-1** or visit **211oc.org/dv** for domestic violence resources in Orange County.
- Call the National Domestic Violence Hotline at **1-(800)-799-SAFE (7233)** to talk to a trained domestic violence advocate.

SAFETY PLAN

A personalized and practical plan can help keep you and your children safe, whether you are living with an abusive partner or preparing to leave an abusive relationship.

-  **Teach your children when and how to call 9-1-1.** Teach them to never intervene in a violent situation, but to run away to a safe place.
-  **Get into the fetal position** around your stomach to keep your baby safe if you are being attacked while pregnant.
-  **Avoid areas like the kitchen and bathroom during a fight** because some household items might be used as weapons.



Plan a safe place to go in case you and your children need to leave suddenly.



Hide a bag of clothes, medications, and important documents like birth certificates, social security cards, green cards, health insurance cards, etc.



Be careful when using the computer or your phone. Your email account, social media accounts, texts, or phone records could reveal your location and recent activities.

Call 9-1-1 if it is an emergency and you or someone you know **needs immediate help.**

If you are ever in doubt of whether a situation is an emergency, call 9-1-1.