



# SAN DIEGO REGIONAL GUIDE DOMESTIC VIOLENCE RESOURCES



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

## *DOMESTIC VIOLENCE SERVICES AND SHELTERS*

YWCA (Central)	619/234-3164
Center for Community Solutions (East County)	619/697-7477
Center for Community Solutions (North County)	760/747-6282
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
South Bay Community Services (South County)	800/640-2933

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

Family Justice Center (Central)	619/533-6000
North County Family Violence Prevention Center (North County)	760/798-2835
Jewish Family Services – Project Sarah	858/637-3200
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
Lesbian, Gay, Bisexual, Transgender, Questioning, (LGBTQ) Community Center	619/692-2077
SD District Attorney's Office, Victim Assistance Program: Central: 619/531-4041, East: 619/441-4538, Juvenile: 858/694-4595, South: 619/498-5650, North:	760/806-4079

## *OTHER 24 HOUR HOTLINES* (Partial list)

Access & Crisis Line	888/724-7240
Children Welfare Services & the Child Abuse Hotline	800/344-6000
Aging and Independence Services & Adult Protective Services	800/510-2020
Center for Community Solutions - Sexual Assault Crisis Line	888/385-4657
Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) Heidorn	858/212-LIFE (5433)
National DV Crisis Intervention, Information and Referral	800/799-SAFE (7233)
Rape, Abuse, Incest National Network (RAINN) Hotline	800/656-HOPE (4673)
211	211 (cell 800-227-0997)
Meth Hotline	877/NO-2-METH (877-662-6384)

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

San Diego Domestic Violence Hotline 24 hour (Domestic Violence & Sexual Assault)	888/DVLINKS (385-4657)
Access & Crisis 24-Hour Hotline	888/724-7240
Casa Familiar	619/428-1115
Chicano Federation of San Diego County, Inc.	619/ 285-5600
Children's Hospital's Family Violence Program	619/533-3529
North County Lifeline	760/726-4900
San Diego Family Justice Center	866/933-HOPE (4673)
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 the Family Justice Center Military Liaison 619/533-3592 (confidential) or SD County DV Hotline 888/385-4657 (confidential)  
For other resources referrals & assistance, you may call Military OneSource at 800/342-9647 (24-hour hotline)

## *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's Children's Hospital, Chadwick Center - Trauma Counseling Program (Main Center)	858/966-5803
Rady's Children's Hospital, Chadwick Center - Trauma Counseling Program (South)	619/420-5611
Rady's 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 want to consider calling a domestic violence advocacy agency to assist you in safety planning. Call **888-DV-LINKS** (888-385-4657) to speak with a confidential advocate or to be referred to an agency that specializes in domestic violence.

You may also view the National DV Hotline's website for safety planning ideas and steps for internet safety: <http://www.thehotline.org/get-help/safety-planning/>

## *JAIL NOTIFICATION*

Inmates may be released at any time of the day. By calling to set up a "jail notification," you may receive a call (usually about one hour) ahead of when your partner is to be released. You can go online to make these arrangements at <http://www.sdsheriff.net/victims> or based on your area code you may call any one of the following: (619) 610-1647 (760) 936-0014 Two attempts will be made to contact you at the number you provide.

## *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 advocacy, legal assistance, and counseling onsite. See the DV Services and Shelters section of the phone guide.

## *ORDERING POLICE REPORT(S)*

Victims have a right to a 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 identify the requested report: parties involved, date and location of occurrence, and the report number if available. Bring identification if you go in-person to pick up your report. The crime incident report is available no later than 48 business hours and the reports are available no later than 5 business days after they are taken.

## *SAFE AT HOME - CONFIDENTIAL MAILING ADDRESS*

Program participants are provided a confidential mailing address, at no cost, so that they 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 1-877-322-5227 or visit <http://www.casafeathome.org> for a local enrolling agency.

## *RESTRAINING ORDERS*

You can file at no cost for a restraining order, which may be granted by a judge to last up to 5 years.

There are no cost domestic violence clinics available to assist you in the application process.

For updated TRO Clinics and Family Law Facilitators locations and hours call 888-DV-LINKS or go to the following website: [www.sdcourt.ca.gov](http://www.sdcourt.ca.gov). Select the "Family" tab and select "Domestic Violence."

Arrive at a minimum of 2 hours before the clinic closes. Be prepared to spend a minimum of one-half of a day to a full day at the court to obtain your restraining order. 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: The address for 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; Copy of the police report(s).