

## CALLING THE POLICE

Sometimes, the best way to keep yourself safe is to call the police. This is especially true if you feel like you are in immediate danger, if you have been injured, or your restraining or protective order has been violated. While you may be hesitant or afraid to call the police, they may be able to give you help and protection when you need it the most.

### What do I need to know?

The police may be able to help you in many critical ways:

- The police may arrest your abuser for hurting you or violating your restraining or protective order.
- Depending on the state you live in, the police may be able to give you a restraining or protective order.
- The police may help you to document the abuse, including taking pictures of your injuries and interviewing witnesses.
- The police may assist you to find help in your community at a local domestic violence shelter or agency.
- Calling the police may stop the abuse long enough for you to escape to a safe place.

### What can I do?

If the police are contacted, remember these important tips:

- When you call 911 or your local police department, tell them you are in danger and you need help immediately. If the police do not come soon, call again and tell them that it is your second call.
- When the police arrive, get the officers' names and badge numbers.
- If you have a restraining or protective order, show the police the order and the proof of service. If you do not have these papers, ask the officers if they can look it up in their computer system.
- Ask the police to take pictures of your injuries and interview any witnesses.
- Insist that a report be filed and get the report number. If they refuse to take a report, go to your local police department and file one yourself that day or the next business day.
- Get information from the police about local agencies you can go to for more help.
- On the next business day, call the police department to get the name and phone number of the detective or investigator assigned to your case. Call that person to get more information about your case.

You have the right to a safe and healthy relationship...  
free from violence and free from fear.