



SAN DIEGO REGIONAL GUIDE DOMESTIC VIOLENCE RESOURCES

Learn more about DV and local resources www.preventdv1.org (English, and Spanish)



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

Domestic Violence Services with Shelters

YWCA of San Diego County (Central) 24/7	619/234-3164
Center for Community Solutions (East County, North County, Coastal) 24/7	888/385-4657
Community Resource Center (North County) 24/7	877/633-1112
Women's Resource Center (North County) 24/7	760/757-3500
SBCS (South County) 24/7	800/640-2933
Interfaith Shelter Network – El Nido (Central)	619/563-9878
Crisis House (East County)	619/444-1194

Domestic Violence Resources (Partial list)

North County Family Justice Center – <i>One Safe Place</i>	888/440-HOPE
South County Family Justice Center – <i>One Safe Place</i>	888/440-HOPE
Downtown San Diego Family Justice Center – <i>Your Safe Place</i>	619/533-6000
Palomar Health Forensic Health Services – DV Assault Forensic Exam Program	760/739-2150
Jewish Family Services	858/637-3210
Southern Indian Health Council	619/445-1188
Indian Health Council	760/749-1410
License to Freedom	619/401-2800
Strong Hearted Native Women's Coalition	760/644-4781
CA Indian Legal Services	760/746-8941
Rancho Coastal Humane Society - Animal Safehouse Program)	760/753-6413
San Diego LGBT Community Center	619/692-2077
North County LGBTQ Resource Center	760/994-1690
Leap to Success	760/710-9510
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 Resources (Partial list)

For emergencies you can call or text	911
Access & Crisis Line (24 Hour)	888/724-7240
Child and Family Wellbeing 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 Human Trafficking Hotline (24 Hour)	800/373-7888
Rape, Abuse, Incest National Network (RAINN) Hotline (24 Hour)	800/656- 4673
211 San Diego (24 Hour)	2-1-1
North County Lifeline	760/726-4900

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 You Safe Place downtown Family Justice Center's Military Liaison 619/533-6043 (confidential).

Children's Resources (Partial list)

Child and Family Wellbeing & 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
Department of Child Support Services	866/901-3212
North County Family Justice Center – <i>One Safe Place</i>	760/290-3690
Downtown San Diego Family Justice Center – <i>Your Safe Place</i>	619/533-6000

Safety Planning

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.

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 or call one of the Domestic Violence Service hotlines listed. The National DV Hotline's website for safety planning ideas and steps for internet safety:

<http://www.thehotline.org>

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 use VINE Link <https://vinelink.com> 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>.

Domestic Violence Shelters

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

Firearm Safety

Owning or having access to guns greatly increases the risk of harm or even death to those experiencing domestic violence -- including children, other family members, and new partners. Also, perpetrators and victims of domestic violence have an increased risk of dying by suicide with a firearm. Taking certain steps can help protect everyone: <https://www.preventdv1.org/gun-safety>. A few steps include (1) storing unloaded guns in a lock-box or gun safe that meets California legal standards; (2) storing ammunition separately from firearms; (3) transferring guns to another family member or trusted friend through a licensed firearms dealer; (4) asking local law enforcement with help storing or disposing of guns; (5) obtaining a protection order that prohibits the possession of firearms; (6) selling the firearm to a licensed firearms dealer.

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 restraining order clinics available to assist you in the application process. Family Justice Centers in our county including *One Safe Place* <https://ospsandiegocounty.gov/> and *Your Safe Place* <https://www.sandiego.gov/yoursafeplace> offer this service at no cost. For a list of updated TRO Clinics and Family Law Facilitators visit: www.sdcourt.ca.gov and select the "Family" tab and then select "Domestic Violence." You may also visit <https://www.sdsheriff.gov/> for more information on seeking a restraining order.

Items to have 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.