



A safe haven

your medical records, or in a safe place with a written description of what happened. This information will make it easier for you if you decide to take legal action in the future, such as getting a restraining order, pressing criminal charges, or obtaining child custody if you need to do this.

4. Arrange a signal with a neighbor to let them know when you need help, i.e., turning a porch light on during the day, or pulling down a particular window shade.
5. Keep some money stored in a secret place so that you have access to it in an emergency or, if you decide to leave, be sure to include some coins so you can make calls from a public phone if you need to. You can also pack a change of clothes including personal-care items, an extra set of glasses, important legal papers, etc., for yourself and your children and ask a neighbor and/or friend to keep it, along with an extra set of keys, in case you need to leave quickly.
6. If you decide to leave, take important papers with you, i.e., birth certificates, passports, health insurance documents, photo ID/driver's license, immunization records, checkbook, medication, food stamps, social security cards, etc., for both you and your children.

I. AID TO VICTIMS

A. What You Can Do to Protect Yourself⁴³

1. Talk with a friend or relative you trust about what's going on. They may be a good source of support.
2. Contact your local domestic violence program to find out about laws and community resources, i.e., shelters, counseling, legal assistance, before you need them. They can help you plan ways to stay safe.
3. Ask your health-care provider or a friend to take photographs of your injuries, i.e., bruises, scratches, black eyes, etc., and make sure that they are put in

B. Biblical Texts That Would Offer Solace

Ps 7:1-4, 6, 8-11; 10; 12; 13; 16:7-9, 11; 17; 20; 23; 25:1-5; 27:1-3, 7-9; 30:1-5; 31:14-16; 35:22-28; 38:6-10; 43; 46:1-7a; 55:1-8; 62:2-7; 70; 77:1-4, 6-9, 11-14; 103:6-8, 11, 12; 116:3, 4, 8-11, 15, 16; 121; 139:1-24; 143:4-8; 145:13-21

Is 40; 41:10-13; 43:1-3a; 49:15

Job 21:7, 9, 14-16

Mt 11:28-30

Lk 11:5-13

Rom 8:18-25, 29a

Jn 14:27; 16:21-24