

## HELP IS AVAILABLE

CALL 911 if you are in  
immediate danger!

### Shelters/24 Hr. Helplines for Domestic Violence & Sexual Assault

Anderson/Roane:YWCA Family Violence Program

(865) 482-0005/(800)768-4814;

Child & Family TN (865) 220-5492

Cumberland, Bledsoe, Morgan, Rhea &

VanBuren: Avalon Center (931) 484-4642/

(800) 641-3434

Blount: Haven House (865) 982-1087

Bradley: Family Violence Program (423) 476-3886

Campbell: House of Hope (888) 844-HOPE

Carter: CHIPS (423) 795-8896

Claiborne, Grainger, Hancock, Hawkins &

Union: C.E.A.S.E. (423) 581-7029

800-303-2220

Cocke: Safe Space (423) 623-3125

Greene: CHIPS (423) 795-8896

Hamblen: C.E.A.S.E. (423) 581-2220

800-641-3434

Hamilton: Family & Children's Services (423) 755-2700

Jefferson: Safe Space (423) 623-3125

Johnson: Safe Haven (423) 727-1914

Abuse Alternatives (423) 764-2287

800-987-6499

Knox: Family Violence Helpline (865) 521-6336

Family Crisis Center (865) 637-8000,

Salvation Army (865) 522-4673,

Safe Haven (rape) (865) 522-7273

Loudon: Iva's Place (865) 988-7867

Marion: Partnership for Families (423) 755-2700

McMinn & Meiggs: The H.O.P.E. Center

(423) 745-5289

Monroe: Haven House, Inc. (423) 982-1087

Serenity Shelter (865) 522-8187;

Woman at the Wall (423) 745-0010

Morgan: Avalon Center (615) 484-4642/

(800) 641-3434;

H.O.P.E. Center (423) 745-5289

Polk: Family Violence Program (423) 476-3886

Scott: Women's Shelter (423) 569-3333;

Center of Hope (423) 562-4673

Sevier: Safe Space (800) 244-5968

Sullivan: Abuse Alternatives, Inc.;

(423) 764-2287/(800) 987-6499;

Safe House, Inc. (423) 246-2273

Unicoi: CHIPS (423) 917-5500

Van Buren: Gracemoor, Inc. (931) 837-7233

Battered Women (615) 484-4642/800-641-3434

Washington: Safe Passage (423) 926-7233;

Sal. Army Center of Hope (423) 926-8901

### YOUR SAFETY IS IMPORTANT

- An advocate can help you make a detailed safety plan for you and your children.
- If you can't avoid an argument, try to be in a room with an exit, not in a bathroom, kitchen, garage, or any where near weapons.
- Practice how to get out of your home safely.
- Have a packed bag ready & keep it at a relative's or friend's home.
- Make sure you have important papers, extra keys, medication, money, etc.
- Devise a code word to use with your children, family, friends & neighbors when you need the police.
- Plan where you will go, if you decide to leave. Use your own instincts & judgment to help stay safe.
- Get a 911 cell phone from the police or an advocate.

### National Domestic Violence Hotline

1-800-799-SAFE

Prepared by the

Community Coalition on Family Violence,  
Knoxville, TN

24 hr. Helpline (865) 521-6336

[www.ccfv.org](http://www.ccfv.org)

You deserve to be safe in your relationship.

### DON'T KEEP THE SECRET

Talk about it! No one deserves to be hurt.

#### DOES YOUR PARTNER...

- Keep track of all your time?
  - Accuse you of being unfaithful?
  - Try to keep you from family and friends?
  - Prevent you from working or going to school?
  - Criticize, belittle, or humiliate you?
  - Anger easily when drinking?
  - Hit, slap or punch you, your children or your pets?
  - Act jealous or possessive?
  - Yell and call you names?
  - Blame others for problems & mistakes?
  - Threaten you with a weapon or gun?
  - Force you to have sex against your will?
  - Accuse you of being equally abusive?
- If you can answer "yes" to any of those questions, you may be in an abusive relationship.

#### YOU HAVE LEGAL RIGHTS

1. You may ask for a criminal warrant or summons from the District Attorney General (D.A.)
2. You may request an Order of Protection:
  - To prevent the abuser from committing further abuse
  - To require the abuser to leave your household
  - To prevent the abuser from harassing, stalking or contacting you
  - To give you custody of or visitation with your minor child(ren)
  - To require the abuser to pay money to support you & minor children if the abuser has legal obligation to do so