



HOPE'S DOOR

EDUCATING, COUNSELING, AND EMPOWERING WOMEN

11B- CENTRAL ALABAMA RESOURCE GUIDE FOR A WOMAN IN CRISIS

**DOMESTIC VIOLENCE IS A CRIME - HELP IS
AVAILABLE - WHO CAN YOU CALL?**

FOR IMMEDIATE CRISIS ASSISTANCE DIAL 911.

**CENTRAL ALABAMA SAFETY CRISIS LINE IS
205-669-7233 (SAFE)**

**TO REPORT DOMESTIC VIOLENCE, SEXUAL
ASSAULT**

205-669-7233 (SAFE)

BHAM, AL. CRISIS LINE IS 205-322-4878

Alabama Domestic Violence Hotline

1-800-650-6522

THE NATIONAL DOMESTIC VIOLENCE HOTLINE IS

1-800-799-7233 (SAFE)

TTY 1-800-787-3224

SANE Sexual Assault Nurse Examiner	205-669-7233
Alabama Coalition Against Rape	ACAR.org
Alabama Coalition Against Domestic Violence	ACADV.org

CENTRAL ALABAMA NUMBERS:

Alabama Domestic Violence Hotline	1-800-650-6522
Family Violence Center Crisis Line	205-322-4878
Crisis Center Hotline	205-323-7777
Crisis Center Teen Link	205-328-5465
Rape Response/Sexual Assault	<u>205-669-7233 Central AI (SANE)</u> 205-323-7777 Bham (SANE)

Emergency Services:

Local-Shelby Emergency Assistance

SEA	205-665-1942
Shelby Baptist Association	205-669-7858
American Red Cross	205-325-4430
Catholic Center of Concern	205-786-4388
Christian Service Mission	205-252-9906
Bessemer Rescue Mission(The Foundry)	205-428-8449
Greater Birmingham Ministries	205-326-6821
Urban Ministry, Inc	205-781-0517

Food/Clothing

Christian Service Mission	205-252-9906
Food Stamp Office	205-599-6000
My Sister's Closet	205-322-9922
Catholic Center of Concern	205-786-4388
Oak Mountain Mission Ministries	205-987-6268

St. Andrew's Church 205-251-7898
United Way Food Bank 205-942-8911

Shelter Assistance:

Jefferson County Crisis Line 205-322-4878
Kings Home Shelby (Hannah Home) 205-618-0300
Kings Home Bethany (Bham) 205-930-0144
Kings Home Tuscaloosa 205-553-0045
Safe House (Shelby County) 205-669-7233
Turning Point (all locations) 205-758-0808
Jessie's Place (Bham) 205-323-0170
Pathways 205-324-5220
Salvation Army (Bham) 205-328-5656
Mary's House 205-780-2020
First Light (Bham) 205-323-4277

Jefferson County DHR

Birmingham 205-324-2135
Bessemer 205-481-4600

Medical Assistance

911

Bham Healthcare Metro Clinic 205-439-7226
Cooper Green Urgent Care 205-930-3262
Jefferson County Health Dept 205-424-6001
Brookwood Medical Center 205-877-1000
St. Vincent's Hospital 205-274-3000
UAB Hospital 205-934-4011
Shelby Medical Center 205-620-8100
Brookwood Emergency Room 280 205-725-6800

Prescriptions

Catholic Center of Concern 205-786-4388
Sardis Baptist Church 205-786-4376
JCCEO Community Services 205-327-7500

Mental Health Centers

Bham Southside 205-934-4107
UAB Counseling Lab 205-975-8354
Family Guidance Center 205-324-6060

Legal Assistance:

HELP WITH OBTAINING A PROTECTION ORDER IN SHELBY COUNTY: 205-669-7233

Obtain information about Protection Orders at: ALACOURT.GOV>18JC

PROTECTION ABUSE ORDERS JEFFERSON COUNTY: 205-264-8161

Legal Services Alabama (BHAM)	1-866-456-4995
Alabama Crime Victims Compensation	1-800-541-9388
DEPARTMENT OF HUMAN RESOURCES SHELBY COUNTY	-205-669-3000
CHILD ABUSE HOTLINE JEFFERSON COUNTY-	205-423-4850
Family Violence Support Center	205-322-4878
YWCA Bham	205-322-9922
Juvenile Assistance	205-325-5474
Child Support Enforcement	205-325-5491

YOU DO NOT DESERVE TO BE ABUSED!!!!

YOU HAVE THE RIGHT:

- *to kindness and understanding from your partner**
- *to a loving non-abusive relationship**
- *to feel safe in your home**
- *to be considered an equal partner**
- *to make decisions without worrying about your safety**
- *to have interactions with family and friends without threats**
- *to receive emotional support**
- *to respectful communication**
- *to have your feelings and experiences respected**
- *to enjoy a relationship without name calling, and humiliation**
- *to live without being blamed for everything**
- *to encouragement**
- *to enjoy relationships without any emotional or physical threats**
- *to respectful requests, never “orders”**

Questions you may asked:

WHAT SHOULD I DO IF I AM BEING ABUSED?

CONSIDER YOUR OWN AND YOUR CHILDREN'S SAFETY FIRST.

**Is someone hurting you? ARE YOU IN DANGER-CALL 911 OR
205- 669-7233 IN SHELBY COUNTY
205-322-4878 IN BHAM
1-800-799-7233 NATIONAL HOTLINE**

Here are some signs the relationship is not healthy for you.

- *Wants a relationship early on**
- *Jealous and accusatory**
- *Isolates and traces you on mobile devices**
- *Constantly sends text messages, calls, follows and pops up**
- *Wants a complete run-down of everywhere you have been**

Note to you:

Keep all text and emails for possible evidence

If you experience emotional, verbal or sexual abuse, intimidation, harassment or threats from your partner, you may be in an abusive relationship. Call the crisis Hotline at 1-800-650-6522

Safety Planning Tips

- *Collect important paperwork and keep somewhere safe and accessible (Medical, insurance, passports, bank information)**
- *Keep cash or credit cards in a safe and accessible place for emergencies**
- *Keep a bag of basic needs: clothing, toys, medication, extra keys, emergency numbers)**
- *Teach children what to do when they are scared and know how to call for help**
- *Consider talking to a person you trust when you begin dealing with abuse**
- *Keep copies of Protective Order, Court Orders, etc**
- *Use internet devices carefully. You can be traced. Consider obtaining access to a computer where you cannot be traced (library, etc)**
- *change your cell phone number, change your phone**

