

## Important numbers

### Salt Lake City Police

Emergency ..... 911  
Dispatch..... 801-799-3000  
Advocates ..... 801-580-7969

### Domestic Violence Shelters

YWCA ..... 801-537-8600  
South Valley Sanctuary ..... 801-255-1095  
Safe Harbor (Kaysville) ..... 801-444-9161  
CWCIC (Provo)..... 801-377-5500  
Peace House (Park City).... 1-800-647-9161  
YCC (Ogden) ..... 801-392-7273  
Pathways (Tooele) ..... 435-224-2710

### Legal Assistance

Legal Aid ..... 801-238-7170  
Tues Night Bar ..... 801-297-7037  
UT Legal Services..... 801-328-8891  
Crime Victims Legal Clinic.. 801-746-1204

### Other Referrals

DCFS Intake ..... 1-855-323-3237  
Family Support Center ..... 801-955-9110  
VINE (free call) ..... 1-877-884-8463  
Rape Recovery Center ..... 801-467-7273  
UOVC ..... 801-238-2360  
Family Justice Center ..... 801-236-3370  
Utah LINKLine ..... 1-800-897-5465  
National DV Hotline..... 1-800-799-7233

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## Salt Lake City Police Department

## Victim Advocate Program

## Victim Advocate Program

24 hr. number  
801-580-7969

domestic  
violence  
info

Offender warning signs: ●uses gaslighting ●monitors/questions their partner ●jealous ●controlling ●threatens violence ●unrealistic expectations ●quick to start relationships ●isolates partner from others ●is mean to animals and/or children ●uses force during sex ●verbally abusive ●blames others for their behaviors ●prior abusive behavior ●throws/damages items ●uses force during arguments

## Safety tips

Think ahead so that if a situation becomes dangerous you can escape quickly and maintain more control.

- Make certain your residence is secure: all doors and windows are locked
- Keep your vehicle doors locked when in use and when parked
- Carry a charged cell phone or ask a victim advocate if they can provide you with a 911 cell phone
- Vary any route or daily habit – especially those the offender knows
- Remove any weapons that the offender may be able to access
- If possible, keep your vehicle locked in a garage to help prevent vandalism
- Ask family/friends/neighbors to check in on you at various times – request they call police if needed
- Let someone know of your schedule so that any absence is quickly noticed
- Consider alerting your employer if appropriate – ask to screen callers or visitors if possible
- Make sure you are not being followed – ask your advocate for tips to determine if this is happening
- Keep your vehicle gas tank full and keep money/credit cards with you (when possible)
- Possibly use a private post office box for mail
- Acquaint yourself with all-night stores, safe public places, and police stations in your area
- Keep a detailed diary/log of the offenders behavior and file police reports when behaviors are illegal
- Have an extra set of keys for your house and car
- Notice patterns of behavior in the offender during violent stages – determine the best plan for dealing with the offender and the best places to hide items
- Have a small bag packed containing: Important documents (birth certificate, social security card, etc); bank accounts numbers; medications; insurance info; important phone numbers; extra clothing

## Are you in danger?

- Has this person choked, or strangled you?
- Has this person threatened to kill themselves, you, or your children?
- Has this person abused you?
- Has this person threatened or used weapons to hurt you or other people?
- Does this person use drugs or alcohol?
- Has this person ever violated a protective order, a stalking injunction or a similar order?
- Has this person's behavior become more violent over time?
- Does this person have a history of stalking or monitoring behavior?
- Has this person forced sex with you?
- Has this person ever prevented you from leaving?
- Have you and this individual recently separated?
- Has this person harmed or killed family pets, or threatened to do so?
- Does this person exhibit jealousy?
- Does this individual attempt to isolate you from friends, family or co-workers?
- Does this individual attempt to control you?
- Has this individual recently been served with court documents?
- Has this person recently lost their job?
- Has this person become suicidal?

**“Yes” answers may indicate danger.**

**Please contact a victim advocate to complete a lethality assessment and create a personal safety plan.**

**Domestic abuse may be more than domestic violence. Abuse can be physical, sexual, emotional, financial, or psychological.**

