

# DOMESTIC VIOLENCE RESOURCE CARD

**You are strong. You deserve safety.  
We believe in you.**

Breaking the silence is an act of courage. You have the strength to take this step. Your safety matters, and we are ready to support you.

## **Create a safety plan:**

- ***Always*** keep your phone charged and with you
- ***Create*** a daily check-in schedule with a trusted friend. Establish a code word that signals them to call the police.

***Example: "Can you bring me that recipe?"***

- ***Clear*** browser history after visiting support websites
- ***Prepare*** and hide an emergency bag containing:
  - ☐ Fresh clothes for you and your children
  - ☐ Essential contacts and phone numbers
  - ☐ Financial resources (cash, cards, checks)
  - ☐ Spare keys (home and car)
  - ☐ Important medications
  - ☐ Critical documents (protective orders, ID cards, birth certificates)

***Remember: Taking the first step is the hardest,  
but you won't walk this path alone.***

# ***Whitley County Domestic Violence Task Force***



**Trust your instincts.  
The abuse is not your fault.**

Your abuser's actions are their choice - you cannot control or change their behavior. ***If love or patience could have fixed this, it would have happened long ago.*** Nothing you have done caused this abuse, and Nothing you can do alone will stop it—***help is essential.***

You deserve safety, respect, and support. When you're ready to reach out, call or go to any of the following agencies for the help that you need.

**Emergency ..... 911**  
Community Services.....211  
YWCA Services/Referrals....800-441-4073  
Whitley County Sheriff.....260-244-6410  
Columbia City Police Dept...260-248-5121  
Victim's Assistance .....260-244-3000

If you're experiencing abuse, remember—you are not alone. Others have escaped similar situations. You deserve safety and support, both for yourself and your children. No one deserves to be threatened, hit, spit on, or choked. DON'T keep abuse a secret. Confide in family or friends and ask for help.

**We will help you!**

FUNDED BY: THE WHITLEY COUNTY PROSECUTOR