

# UTRGV

UNIVERSITY POLICE DEPARTMENT

## VICTIM SERVICES



## SAFETY PLAN

## Important Numbers:

### Campus Police Directory:

956-882-7777

### Counseling Center:

E: 956-665-2574

B: 956-882-3897

### Health Services:

E: 956-665-2511

B: 956-882-3896

### Office for Victim Advocacy & Violence Prevention (OVAVP):

E: 956-665-8287

B: 956-882-8282

### Student Rights & Responsibilities:

E: 956-665-5375

B: 956-882-5141

### Mujeres Unidas:

956-630-4878

### Friendship of Women:

956-544-7412

### Family Crisis Center:

956-423-9304

### Tropical Texas Behavior Health 24 HR CRISIS Hotline:

1-877-289-7199

### National Domestic Violence Hotline:

1-800-799-7233

### National Sexual Assault Hotline:

1-800-656-4673

### National Suicide Prevention lifeline:

1-800-273-8255

[www.utrgv.edu/police](http://www.utrgv.edu/police)

## IF YOU NEED TO LEAVE:



### What to take when you leave:

- Identification- Driver's license or State ID
- Birth certificate
- Social security cards
- School vaccinations records
- Medications
- Medical records-for all family members
- Checkbook, ATM card, credit card
- Keys-house, car, office
- Welfare identification, work permits, Green card, Passport, divorce papers, Protective Order
- Insurance papers

**QUICK TIPS:** have a bag packed, have a code word in place that family/friends know to call the Police, be sure at least one person knows about the abusive situation

## UTRGV POLICE DEPT.

*Is here to help you*

# 24/7

## (956) 882-4911

501 N. Sugar Rd. Edinburg, TX

1 W. University Blvd. Brownsville, TX

# Everyday SAFETY



Carry cell phone and important telephone numbers with you at all times.

Keep in touch with someone you trust about where you are or what you are doing.

Stay out of isolated places and try to never walk around alone.

If possible, alert dorm/workplace or campus security about what is happening in your relationship so that the abuser is not allowed in the building.

Avoid places where the abuser or his/her friends and family are likely to be.

Keep the doors and windows locked where you live, especially if you are alone.

Avoid speaking to your abuser. If it is unavoidable, make sure there are people around in case the situation becomes dangerous.

Tell your neighbor/landlord/supervisor about the situation and ask them to call the Police if they see the abuser near you.

# SAFETY *In a social setting*



If possible, go to different malls, bars, banks, parties, grocery stores, movie theatres, etc. than the ones your abusive partner goes to or knows about.

No matter where you go, be aware of how to leave safely in case of an emergency.

Avoid going out alone, especially at night.

Try to park in a lit or secured area.

Have someone escort you to and from car/bus.

If you are being followed on the road, drive to a public area or a Police Department.

Use a variety of routes when going places.

If you plan on drinking, be sure to have a sober driver who is not your abusive partner.

Leave if you are uncomfortable in a situation, no matter what your friends are doing.

Be alert and always trust your instincts.

# Online SAFETY



Be very cautious about your computer usage and use a computer that your abuser does not have access too.

Do not say or do anything online that you wouldn't in person.

Set all online profiles to be as private as they can be.

Save and keep track of any abusive, threatening or harassing comments, posts, or texts. Never give your password to anyone.

Do not answer calls from unknown, blocked or private numbers.

Do not communicate with your abuser using any type of technology if unnecessary, since any form of communication can be recorded and possibly used against you in the future.