

What constitutes a Violation of the Restraining Order?

The court house is not exempt from violations of restraining orders. The order is still in effect while you are in the court house. This means the defendant should not speak to you, gesture to you, talk to you through a third party or communicate with you in any way.

Violations outside the court house, where there is a no contact order, can include any contact such as sending flowers, letters, email, phone calls or gifts. No contact means **no** contact.

What to do if the Restraining Order is violated

- ◆ In an emergency call 911.
- ◆ Contact the police and report the violation.
- ◆ Keep a journal and document any contact or violations of the order.
- ◆ If a violation occurs in the court house, alert the court officer or court staff. Court officers have arrest powers in the court house.

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We encourage you to call for support and legal assistance:

District Attorney's Office

Victim Witness Unit:

Hampshire County:

Northampton (413) 586-5780
Belchertown (413) 323-5275

Franklin County:

Greenfield (413) 772-6944
Orange (978) 544-7376

Shelter Referral/Advocacy

*24 hr

Safe Passage

Northampton (413) 586-5066*
Toll free (888) 345-5282*

NELCWIT

Greenfield (413) 772-0806*
Orange/Athol (978) 544-9857
Toll Free (888) 249-0806*

Center for Women & Community

UMASS hotline (413) 545-0800*
Toll free (888) 337-0800*

The Network/ La Red (GLBQ/T Project)

Hotline (617) 742-4911*

SAFEPLAN (court advocacy)

Northampton (413) 586-4545
Greenfield (413) 772-0806
Belchertown (413) 732-3121
Orange/Athol (978) 544-9857

Intimate Partner Abuse Education

Proteus Intimate Partner Abuse Education

Athol, Belchertown, Greenfield,
Northampton, Springfield and Ware
(413) 579-7570

Safety Planning Before and After Receiving a Restraining Order

A Project of District Attorney David E. Sullivan's Domestic Violence Roundtable



**Please Don't Hesitate
To Call For Help
(413) 774-3186
(413) 586-9225**

NorthwesternDA.org

Suggestions For:

Safety when appearing at Court and after you get an Order...

Stay somewhere other than your home the night before a court hearing.

Leave the children in the care of someone responsible when possible.

Consider bringing someone with you for support.

Park as close as possible to the court house.

Ask for assistance from court staff.

Try not to sit near or make eye contact with the defendant while in the court house.

For personal assistance, contact SAFEPLAN (772-0806 or 586-4545).

Safety at your workplace or in public areas...

When possible, talk to your boss about a safety plan at work. Try to arrange time off for court appearances.

Keep your restraining order with you at all times.

Let trusted co-workers and security know you have a restraining order.

If available, request an escort from security to and from your car.

Give a picture of your abuser to security at your workplace.

Vary your schedule whenever possible.

If you are being followed when in public, go to the nearest group of people.

If you are followed when in your car, go to the nearest police station, fire station or public place such as a shopping area and blow your horn for help.

If you feel the need to hide, contact the battered women's hotline for information on safe shelter (772-0806 or 586-5066).

Safety around visitation...

Arrange for the children to be exchanged through a neutral party when possible, or arrange drop off and pick up of your children in a public place.

Make the boundaries clear, such as times, length of visits, pick-up, etc.

Have a specific visitation schedule court ordered. Utilize the services of the Children's Visitation Program (325-8011).

Safety at home...

Inform friends, family and neighbors that you have a restraining order.

Change all your locks, check your windows for security and consider installing motion sensitive lights.

Contact the District Attorney's Office about getting your locks changed for free (413-512-5907).

Ask police to do a safety check of your home for weak safety areas.

Keep a cell phone with you. Ask your local police about 911 cell phones.

Have a plan ready in case the situation gets worse.

Pack an overnight bag with copies of important papers and leave it in a safe place outside the home.

Safety and your emotional health...

This may be a hard time for you. Get as much emotional support as possible.

Think about who you can trust and rely on for support, such as friends, family, faith leader, neighbors and/or co-workers.

Seek counseling for you and your children by contacting one of the organizations listed on the back of this brochure.