

## Resources

### National Resources

National Domestic Violence Hotline  
1.800.799.SAFE  
1.800.787.3224 (TDD)

Resource Center on Child Protection and Custody  
1.800.527.3223

Battered Women's Justice Project  
1.800.903.0111

National Resource Center on Domestic Violence  
1.800.597.2238

### State Resources

North Carolina Coalition Against Domestic Violence  
1.888.232.9124  
<http://nccadv.org>

Legal Aid of North Carolina  
919.856.2564  
1.866.219.5262

North Carolina Victim Assistance Network  
1.800.348.5068  
[www.ncvan.org](http://www.ncvan.org)

Crime Victim's Compensation Commission  
4703 Mail Service Center  
Raleigh, NC 27699-4703  
919.733.7974  
1.800.826.6200  
[www.nccrimecontrol.org/VJS](http://www.nccrimecontrol.org/VJS)

Address Confidentiality Program  
919.716.6785  
ACP@ncdoj.gov

### Local Resources

Cramerton Police Department  
704.824.7964  
Gaston County District Attorney's Office  
704.852.3113

Gaston County Sheriff's Office / Jail  
704.869.6880 (for Custody Status)  
Gaston County Magistrate's Office  
704.852.3310

Gaston County Health Department  
704.853.5000  
Gaston County Department of Social Services  
704.862.7500  
Gaston County Clerk of Court  
704.852.3100

**Battered Women's Shelter (24-hour Crisis Line)**  
**704.852.6000**

Domestic Violence Court Advocate  
704.862.6682  
Gaston Memorial Hospital  
704.834.2000

### OFFICER ASSISTING:

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Developed in Cooperation with the  
North Carolina Department of Justice

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**Cramerton Police Department**  
**155 North Main Street**  
**Cramerton, NC 28032**

**Office: 704.824.7964**  
**Fax: 704.824.0134**  
**Non-Emergency Dispatch: 704.866.3300**  
**E-mail: [administration@cramertonpd.org](mailto:administration@cramertonpd.org)**  
**[www.cramertonpd.org](http://www.cramertonpd.org)**

**CRAMERTON POLICE  
DEPARTMENT**

# Domestic Violence Information



**Know the Facts**

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## Safety Planning

### **If you are still in the relationship:**

1. Think of a safe place to go if violence occurs - avoid rooms with no exits or rooms with available weapons.
2. Think about and make a list of safe people to contact.
3. Keep change and a phone with you at all times.
4. Memorize all important numbers.
5. Establish a "code word" or sign so that family, friends, teachers, or co-workers know when to call for help for you.
6. Think about what you will say to your partner if they become violent.
7. Remember that you have the right to live without fear and violence.
8. If you have children, talk to them about safe people to call or places to go.

### **If you have left the relationship:**

1. Call your local domestic violence program. Ask about options in the legal system and NC's Address Confidentiality Program.
2. Save and document all contacts, messages, injuries or other incidents involving the abuser.
3. Change locks.
4. Avoid staying alone.
5. Plan how to get away if confronted.
6. If you have to meet the abuser, do so in public.
7. Vary your routine.
8. Notify school and work contacts.

If you leave the relationship or are thinking of leaving, take important documents with you to enable you to apply for benefits or take legal action, such as social security cards, birth certificates, marriage license, leases or deeds regardless of whose name is on them, your checkbook and credit cards, bank statements, insurance policies, proof of income and any documents or photographs of the abuse such as police reports, medical records, etc.

## What is a Safety Plan?

Every person in an abusive relationship needs a safety plan individualized for their needs. Important factors are age (of both the victim and any children involved), marital status, geographic location and resources available. Most contain common elements such as:

**Planning escape routes:** Doors, first floor windows, basement exits, elevators, and stairwells. Rehearse different strategies and include your children if possible (practice can be called "fire drills" to lessen children's anxiety).

**Choosing a place to go:** Such as the home of a friend, relative, or neighbor who will offer unconditional support or even to a motel, hotel or local shelter - most importantly somewhere where you will be safe.

**Packing a survival kit:** Money for cab fare, change of clothes, extra house and car keys, important papers, medication, restraining or protective orders, child custody or child support orders, address book, and any items of exceptional personal value or meaning. The kit can be left with a trusted friend, relative or neighbor, kept in a safe or deposit box, or, only as a last resort, hidden in your home.

**Starting economic freedom:** Try to open an individual savings account. Have statements sent to a trusted friend or relative or arrange for electronic only account notification to prevent your abuser from having knowledge of your account.

**Know important numbers:** Memorize the number for your local domestic violence program or hotline. Remember that you can always call 911 for assistance. **Review your safety plan monthly!**

## Possible Bail and Pretrial Release Information:

NC General Statute §15A-534.1 Crimes of Domestic Violence; bail and pretrial release in all cases in which the defendant is charged with assault on, stalking, communicating a threat to, or committing a felony provided in Articles 7A, 8, 10 or 15 of Chapter 14 of the General Statutes upon a **spouse or person with whom the defendant lives or has lived as if married**, with domestic criminal trespass, or with violation of an order entered pursuant to Chapter 50B, Domestic Violence, of the General Statutes the judicial official who determines the conditions of pretrial release shall be a judge, along with other provisions available to be imposed upon the defendant.

A defendant **may be** retained in custody not more than 48 hours from the time of arrest without a determination being made under this section by a judge. If a judge has not acted pursuant to this section within 48 hours of arrest, a magistrate shall act under the provisions of General Statute 15A-534.1

**Warning: Once an arrest is made the determination for bond is made by a judicial official, not the law enforcement officer conducting the arrest. Therefore, there is no guarantee as to the amount of time prior to the defendant being released from custody.**

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