

Domestic Violence - dating, spouse or partner

If an attack is in progress or about to happen, call 911.

Protect yourself, children and pets.

If you are in a violent relationship and are afraid, ask neighbors or nearby friends to call the police if they hear violence - you may not be able to call. You may also want to teach your children to phone 911 or get help if it will not seriously endanger them.

Omaha Police policy is to arrest someone if they find that an assault has occurred.

If they arrest an abuser, the police should call a YWCA Omaha advocate. She will phone you at your home or other number you give police within 24 hours. In the meantime, you can go ahead and get help through the 24-hour hotline, 345-7273, or YWCA Omaha office, 345-6555.

Go to a hospital emergency room if injuries are severe. Ask them to document injuries. Ask a nurse to call a YWCA advocate to provide support and help you with immediate safety planning.

YWCA Omaha can provide cell phones programmed to dial directly to 911.

Consider a domestic violence Protection Order.

Create a safety plan.

Document injuries with photos and witnesses. You may need them later.

Attend three free classes sponsored by YWCA Omaha to help you decide if you are in an abusive relationship.