



ENDING VIOLENCE.  
CHANGING LIVES.

Violence prevention and support services for  
domestic violence, sexual assault and stalking

**24-Hour Confidential Hotline:**  
**1-603-994-SAFE (7233)**

**Relay NH/Confidential TTY:**  
**1-800-735-2964 or 711**

- HAVEN provides **free and confidential services** for anyone impacted by domestic and sexual violence, and stalking.
- HAVEN Advocates provide **non-judgmental emotional support** and can help connect you with the best resources to meet your needs.
- When requested and appropriate, a HAVEN Advocate may accompany victims/survivors and their loved ones to local **hospital emergency rooms and police departments** 24-hours a day.
- You may also request a HAVEN Advocate to accompany you to the **local courts for protective orders, hearings and criminal cases** pertaining to domestic and sexual violence and stalking.
- You may also speak with a HAVEN Advocate through our **24-hour confidential hotline**, or **in person** at any of our walk-in locations during business hours.

**MAIN OFFICE**

20 International Drive Suite 300  
Portsmouth, NH 03801

Walk-in hours: Monday - Friday, 9 am - 5 pm

**ROCHESTER OFFICE**

15 Wakefield Street Suite 16  
Rochester, NH 03867

Walk-in hours: Monday - Friday, 9 am - 4 pm

**SALEM OFFICE**

15 Ermer Road Unit 211  
Salem, NH 03079

\*By appointment only

Serving Southeastern NH | [www.havennh.org](http://www.havennh.org)

## Safety Tips

**Keep the following items in a safe place or with someone you trust:**

- House and car keys
- Important papers, social security cards, birth certificates, child immunity records, driver's license or picture ID
- Cash, credit cards, checkbooks, etc.
- Prescription medications
- Spare clothing
- Important phone numbers and addresses for both you and your children.

**Know your escape route**

- Practice ways to get out of your home safely. Visualize your escape route.
- Plan with children: Identify a safe place, a room with a lock or neighbor's house. Reassure them that their job is to stay safe, not to protect you.

**Have a code word for your children, friends, family and neighbors**

- Create a code word or a signal that you may use to alert your family, friends or neighbors to get help or call 911

**Know where you can go**

- Think of where you can go if you need to get out in a hurry. Try doing things that get you out of the house like taking out the trash, walking a pet or going to the store.

**Keep a record of what is happening**

- Write it down in a journal, with the date and time the incident occurred, take photos.
- If Injured, you may go to the emergency room or doctor. Injuries can be documented, even if you don't get treated.

**Have access to a working phone to dial 911**

**Some common reactions to the trauma of domestic violence and sexual assault can be:**

**Shock and numbness** - or a feeling of being easily overwhelmed.

**Loss of control** - feeling like everything has been turned upside down and not having control over your life and body.

**Fear** - for general safety, of being alone, the world is not safe.

**Guilt and self-blame** - doubting yourself and your instincts.

**Isolation** - this experience has set you apart from others, "no one understands". Not wanting to burden loved ones.

**Distrust** - not knowing who to trust, including yourself.

**Other reactions** - Anger, difficulty concentrating, nightmares, sleep disturbances, changes in appetite, anxiety and depression.

The merged agency of A Safe Place & SASS