

Domestic and Sexual Violence Support Services

Independence House offers comprehensive, free and confidential services to victims and survivors of domestic and sexual violence, their children and support systems. Independence House helps individuals re-establish lives free of fear and violence operating from a philosophy of empowerment and self-help.



**24-HOUR HOTLINE
365 DAYS-A-YEAR.
800-439-6507**

Notes _____

Independence House, Inc.

Main Office:
160 Bassett Lane, Hyannis, MA 02601

Other Office Locations:
220 Main St., 2nd Fl., Suite 220, Falmouth
5 Namskaket Road, Orleans
2 Mayflower Ct., Provincetown

www.independencehouse.org

Tel: 508.771.6507

Intake & Information: ext. 227

Fax: 508.778.0143

TTY: 508.771.6782

IT'S YOUR RIGHT TO BE SAFE.

(SP No More DV Brochure 2024)

Civil Court Advocacy

SAFEPLAN (Safety Assistance For Every Person Leaving Abuse Now) is a statewide, court-based legal advocacy program that provides specially trained and certified advocates to assist victims of domestic violence, sexual assault and stalking who are seeking protection from abuse.

Independence House **SAFEPLAN** Court Advocates are available in the following Barnstable County courts:

Barnstable Probate Court	508.362.5358
Barnstable District Court	508.362.5146
Falmouth District Court	508.495.2804
Orleans District Court	508.247.8169

Online Resources

Health and Human Services Directory

<https://barnstable.ma.networkofcare.org/ph/>

Searchable database to free/reduced-cost help locally and US-wide <https://www.findhelp.org>

Legal Information, Guidance, Information

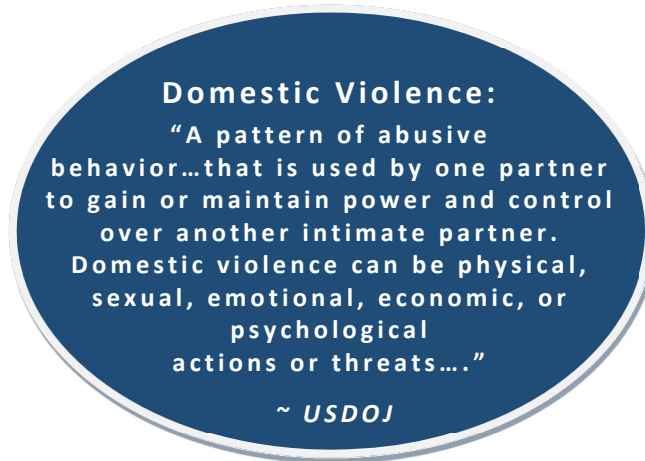
www.masslegalhelp.org/ for helpful information regarding legal rights.

Legal Aid, Help with Legal Problems

www.masslegalservices.org/findlegalaid for legal aid programs, lawyer information and links to legal and self-help materials.

Articles and Videos to Help Heal

<https://www.domesticshelters.org>



Signs That You May be in an Abusive Relationship

Are you:

- Fearful for your life?
- Constantly being criticized?
- Tiptoeing around your partner so he/she doesn't get angry?
- Told that you are worthless, unattractive or don't do anything right?
- Not allowed to see friends or take personal time for yourself?
- Told, "It's always your fault when things go wrong"?
- Concerned about personal safety?
- Forced to have unwanted, unsafe or degrading sexual activity?
- Promised that violence will not happen again ~ yet it does?
- Told, "You will never be able to leave"?
- Limited in access to family money or forced to handover your paycheck?
- Concerned about the well-being of your children in any way?
- Not allowed to work or go to school?
- Threatened that you will be outed or reported to immigration if you don't do what your partner wants?
- Wondering if you're the one who is crazy?

If you answered YES to any of these questions, you *may* be in an abusive relationship.

Technology Safety & Privacy

Safety Net Project, NNEDV

<https://www.techsafety.org/resources-survivors>

Cybersecurity <https://ssd.eff.org/#index>

iPhone Safety Check <https://www.thehotline.org/wp-content/uploads/media/2023/06/apple-safety-check-tipsheet.pdf>



Helpful Resources and Supports



Legal Assistance

Barnstable Bar Association	508.362.2121
Barnstable Law Library	508.362.8539
Family Law Project, Woman's Bar Foundation	617.973.6666
Immigration Resource Center, CAC	508.771.1727x140
Immigrant Victims Representation Project	508.674.4681
Independence House	508.771.6507 x227
Lawyer of the Day Program, Barnstable County Bar Association	Barns. Probate Court, Schedule with Clerk's Office
Legal Services, South Coastal Counties	800.742.4107
Victim Rights Law Center (SA)	617.399.6720 x19
Victim & Witness Program, District Attorney's Office	
• Barnstable District	508.362.8103
• Falmouth District	508.457.1834
• Orleans District	508.255.3782
WE CAN	508.430.8111

Barns. Probate & Family Virtual Registry

<https://www.zoomgov.com/j/1605462604>

Probate & Family Court Overview

<https://www.masslegalservices.org/system/files/library/Chapter%202.pdf>

Children Born Out of Wedlock Law

<https://malegislature.gov/Laws/GeneralLaws/PartII/TitleIII/Chapter209c/Section10> (Section 10.b)

Food Access

<https://www.capecod.gov/wp-content/uploads/2022/06/February-2022-Food-Resource-Guide-1.pdf>


Fuel & Energy Assistance

<https://www.masscap.org/heatinghelpma/>
800.632.8175

Financial Assistance for Basic Needs

Cape Cod Times Needy Fund	508.778.5661
Lower Cape Outreach Council	508.240.0694
St. Vincent de Paul, C & I	508.385.3252
Other http://recoverywithoutwalls.org/agencies-with-financial-support/ (Town Specific Funds)	

Support Services for Families with Children

A Baby Center	508.771.8157
Big Brothers Big Sisters	508.771.5150
Bikers Against Child Abuse	617.504.6821
CC Foster Closet (<i>kinships & foster</i>)	508.514.7125
Child and Family Services	508.778.1839
Child Care Network	888.530.2430
Child Witness to Violence Program	800.439.6507
Children's Cove, C&I	888.863.1900
Co-Parenting App	https://appclose.com
Dept. of Children & Families (DCF)	508.760.0200
Dept. of Revenue (DOR) Child Support Enforcement Virtual Counter	SCAN 
Dept. of Transitional Assistance (DTA) DV Unit, (TAFDC, SNAP)	617.504.6059
Fam. Continuity Program (<i>wrap around, in-home, CRA assist.</i>)	866.219.3320
Family Support Line, CCNSC	508.771.4336
Family Resource Ctr, Cape Cod	508.815.5100
Family TIES of MA (<i>Special Needs</i>)	800.905.8437
Healthy Families (<i>1st time parents, <26</i>)	508.771.8010
JRI (<i>CRA assistance, wrap-around</i>)	508.771.8010
Hyannis Family Planning/WIC	508.771.8010
Kennedy-Donovan Center (<i>EI, 0-3</i>)	774.352.1333
Moms Do Care (<i>opioid recovery support</i>)	508.540.2968
The Visitation Center, FCR	508.778.1980

Support Services for Other Specific Populations

Asian Task Force Against DV	617.338.2355
Cape Org. for Rights of the Disabled (CORD)	800.541.0282
Elder Services of CC & the Islands	800.244.4630
Grandparents and Other Kin Raising Grandchildren	508.771.4336
LatinX in Action (<i>All immigrants</i>)	508.360.0669
National Guard Sexual Assault 24/7 Prevention & Response (SAPR)	877.995.5247
Violence Recovery Program, Fenway (<i>LGBT DV, SA, Hate Violence</i>)	508.834.3242
US Vet Center	508.778.0124
Wampanoag Tribal Victim Services	508.274.2432

Law Enforcement Agencies – Victim Advocates (non-emergency)

Barnstable PD	508.778.3821
Barns. Co. Sheriff/HOC	508.563.4429
Dennis PD	774.352.1472
Falmouth PD	774.255.4527 x4550
Mashpee PD	508.539.1480 x7253
Yarmouth PD	508.775.0445 x2181

Additional Victim Services

MA Probation Victim Services Unit (<i>Support if abuser is on probation for crime against victim</i>)	617.727.5300
MA Sex Offender Registry Board (SORB)	978.740.6400
Vic Compensation Fund, MA Attorney General's Office	617.727.2200 x2160
Victim Notification Registry (<i>CORI and post-conviction offender info</i>)	617.660.4606

Medical, MH, & Substance Use

Alcoholics Anonymous	508.775.7060
Bay Cove Behavioral Health Mobile Crisis Support 24/7	833.BAY.COVE 833.229.2683
Behavioral Health Help Line	833.773.2445
Community Health Centers: Falmouth, Mashpee, Bourne	508.477.7090
Duffy Health Center, Hyannis	508.771.9599
Falmouth Human Services	508.548.0533
Gosnold (<i>Addiction/MH</i>)	800.444.1554
Harbor Health Services, Hy	508.778.5420
Mashpee Human Services	508.539.1400
Mass Health Insurance Access	877.623.6765
Outer Cape Health Services	
• Provincetown	508.487.9395
• Wellfleet	508.349.3131
• Harwich	508.432.1400
Suicide & Crisis Lifeline/24-Hr.	988

Shelter & Housing

DTA DV Unit	617.504.6059
Housing Assistance Corp.	508.771.5400 x210
Housing Navigator	https://housingnavigator.ma.org
St. Joseph's Shelter	774.470.5976
SAFELINK Shelter Search	877.785.2020

Massachusetts Court System Text Messaging Reminder System

This system sends text reminders to registered users 4 days prior to and 12-hours prior to a scheduled court event. *You will need to register new phone numbers if you change your number.*

<https://www.mass.gov/forms/interactive-text-response>

Employment & Education

Career Opportunities, MassHire 508.771.5627
MassReconnect Mass.edu/MassReconnect

Transportation (SmartDART, 3 Zones)

Cape Cod RTA - Barnstable/Sandwich,
Barnstable/Yarmouth/Dennis,
Falmouth (*on-demand, door-to-door, \$3*)



Survivor Psalm

I have been victimized.
I was in a fight
that was not a fair fight.
I did not ask for the fight.

I lost.

There is no shame
in losing such fights.

I have reached the stage
of survivor and am no longer
a slave of victim status.

I look back with sadness
rather than hate.

I look forward with hope
rather than despair.

I may never forget, but I need
not constantly remember.

I was a victim.

I am a survivor.

~ Frank Ochberg, MD
Gifts From Within