

San Francisco cares about you and your baby!

Call for help:

Living in a Nonviolent Community (LINC) at UCSF (415) 885-7636

Case management and mental health services for families with children birth to 18, and community education and training.

SafeStart Support Line (415) 565-SAVE 7283

Information, 24-hour support and case management for parents of children under age six exposed to violence.

W.O.M.A.N. Inc. (415) 864-4722

24-hour counseling services, shelter availability, and referrals for legal assistance.

La Casa de Las Madres (877) 503-1850

24-hour counseling and shelter resources. Spanish speakers available.

Asian Women's Shelter (415) 751-7110

Counseling, advocacy, and shelter resources to the Asian community.

Communities United Against Violence (CUAV) (415) 333-HELP 4357

Advocacy and support for the lesbian, gay, bisexual, transgender community affected by domestic violence.

Teen Dating Violence Hotline (877) 923-0700

24-hour confidential counseling and referrals for teens.

Victim Services (415) 553-9044

Advocacy service in the criminal justice system through the SF District Attorney's Office.

National Domestic Violence Hotline (800) 799-SAFE 7233

24-hour toll free information and referrals from anywhere in the U.S.

UCSF Medical Center Women's Health

A NATIONALLY DESIGNATED
CENTER OF EXCELLENCE



*To have
a healthy baby...*

*you should be safe
during your pregnancy*

This brochure has been co-produced by
UCSF National Center of Excellence in Women's Health:
Living in a Nonviolent Community Program

Family Violence Prevention Fund

San Francisco Department of Public Health:
Maternal and Child Health Section

LEAP: Look to End Abuse Permanently

San Francisco SafeStart Initiative,
Department of Children, Youth & Families



Are you safe in your relationship?

- Does your partner ever make you feel afraid?
- Has your partner ever hit you, hurt you or threatened you?
- Has your partner ever forced you to have sex when you didn't want to?

If you answer “yes” to any of these questions then you are experiencing violence — and your healthcare provider can help.

*Protect yourself and your baby...
being hurt or afraid is not your fault.*

During pregnancy, abuse is more common than any other health problem. To have a healthy baby, you should be free of violence and fear.

If you are being hurt or threatened by your partner while you are pregnant, you have a higher chance of:

- Injury to your uterus
- Miscarriage, stillbirth, or premature baby
- Getting a dangerous vaginal infection from forced or unprotected sex with someone who has an infection
- Increased 1st and 2nd trimester bleeding

Violence increases your baby's risk of:

- Weighing too little at birth
- Having trouble nursing or taking a bottle
- Having more sleeping problems
- Being harder to comfort than other babies
- Having problems learning to walk, talk, and learn well
- Experiencing lasting emotional trauma
- Being physically and sexually abused
- Being hurt during a fight

Talk with your health care provider or childbirth educator.

- We care about you. You and your baby deserve to be safe.
- We can help you take action — develop a safety plan, make an emergency kit and learn about local community resources.

Call for help:

- 911 if you and your baby are in immediate danger.
- One of the many resources listed on the other side of this brochure.

Get more information:

- www.ucsf.edu/linc
(UCSF Living in a Nonviolent Community)
- www.endabuse.org/resources/gethelp
(Family Violence Prevention Fund)
- www.4woman.gov/violence/index/cfm
(National Women's Health Information Center)