

## 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

**Family Violence  
Prevention Fund**



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UCSF National Center of Excellence in Women's Health:  
Living in a Nonviolent Community Program

Family Violence Prevention Fund

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Maternal and Child Health Section

LEAP: Look to End Abuse Permanently

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

05/2005



*To have  
a healthy baby...*

*you should be safe  
during your pregnancy*



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

## **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.**