

As a Victim you May Experience the Following:

- 1.) Shock, Numbness, Disbelief
- 2.) Change in Appetite
- 3.) Change in Sleep Pattern
- 4.) Guilt, Shame, or Self-Blame
- 5.) Anxiety or Depression
- 6.) Reliving Event/Unwanted Memories
- 7.) Anger
- 8.) Difficulty Concentrating
- 9.) Fatigue

Plan for Safety:

- 1.) Develop a code that will alert a neighbor or friend to contact the police
- 2.) Have a bag packed with spare clothes, keys, important papers, cell phone, cash, and medications
- 3.) **NEVER HESITATE TO CALL 9-1-1**

Local Resources

24 Hour Crisis Lines

- Center for Healing Hearts and Spirits
(855)6-HELP-4-U, (855)643-5748
- Arkansas Coalition Against Sexual Assault
(800)977-5776 (Confidential)
- Arkansas State Police Child Abuse Hotline
(800)482-5964
- National Coalition Against Domestic Violence
(800)799-SAFE (7233)
- National Human Trafficking
(888)373-7888

Shelter Referral Services

- Arkansas Coalition Against Domestic Violence
(800)269-4668
www.domesticpeace.com

Victim Services

Smart Phone App Download:
ihopeapp.com

Laura's Card Victims' Rights and Responsibilities



Maumelle Police Department

2002 Murphy Drive
Maumelle, AR 72113
501.851.1337

Officer _____

Contact _____

Report # _____