

Family Practical Carry Pack

Save-to-phone public-use pack

For Our Children and Families - practical public-use support for moments when families need calmer next steps. Not legal advice. Start with safety first.

For Our Children and Families - JTforME.com

Use this pack when a family needs practical doors first and campaign language second.

CRISIS FIRST

- Immediate danger: call 911.
- Call or text 988 for crisis support.
- Maine Crisis Line: 1-888-568-1112.
- Domestic abuse helpline: 1-866-834-4357.
- Sexual assault support: 1-800-871-7741.
- 211 Maine: dial 211 or text your ZIP code to 898-211.

FIRST 10 MINUTES

The goal is not to solve the whole case. The goal is to get safe, stop the spiral, and make one usable next move.

Mini-script:

I am under family, court, or child-access pressure and I need help staying safe and finding the right next step. The immediate issue is _____. I am in _____ county. My safe callback is _____.

BEFORE YOU CALL, FILE, OR WALK IN

Gather only the basics first:

- Full names for adults involved.
- Child names and birthdates if they matter to the question.
- County, court, agency, school, or provider involved.
- Case number or docket number, if there is one.

- Next deadline, hearing date, appointment, or notice date.
- The most recent order, notice, motion, letter, or agency paper.
- A safe phone number and email address for callback.

THE THREE-QUESTION RULE

Before the call, write the two or three things you need answered first. If the call goes sideways, return to the questions.

BUILD ONE PHONE FOLDER

Suggested folder name: FAMILY - NEXT STEP.

Inside the folder:

- 01 - latest order or notice
- 02 - next date or deadline
- 03 - short timeline
- 04 - contacts and safe callback info
- 05 - questions for the next call or hearing
- 06 - school, provider, housing, or support papers if those overlap

SHORT TIMELINE FORMAT

Date - what happened - who was involved - what paper or message proves it - what happened next.

COURT DAY OR OFFICIAL MEETING BAG

Bring or charge:

- Photo ID if you have it.
- Latest notice, order, motion, or letter.
- Case number or docket number written down.
- Phone fully charged.
- Charger or battery pack if possible.
- Pen and notebook.
- Water, snack, transportation, and childcare plan if needed.

Write down before you go:

- Exact time and location.

- The one or two things you most need answered.
- The next date you think may be set.
- The safest callback number and email.

WHEN PUBLIC INFORMATION IS NOT ENOUGH

Lead with the deadline. Ask:

- Does your organization handle this issue type?
- What should I have in front of me before calling back?
- Is there a clinic, intake form, referral, or self-help page I should use first?
- What is the next deadline I should not miss?

AFTER THE CALL, MEETING, OR HEARING

Write this down before the day eats the details:

- Who you spoke with.
- Date and time.
- What they told you to do next.
- Any deadline, next date, or document request.
- What you sent, filed, received, or still need.
- Who you should contact next.

KEEP THE CHILD AT THE CENTER

Do not make the child deliver adult conflict. Put adult logistics in adult systems.

OPEN THE MATCHING JTforME ROUTE

- Crisis + Keep Safe: jtforme.com/crisis-support.html
- Start Here Fast: jtforme.com/start-here.html
- Find Help Fast: jtforme.com/find-help.html
- Packets + Guides: jtforme.com/packets.html

This pack is public information and practical organization help. It is not legal advice, mental-health treatment, or a substitute for emergency support.