

Urgent Safety Next Steps

Family Hub quick guide for immediate safety and crisis support

This is a short practical guide for moments when safety comes before everything else. Use a dedicated crisis, emergency, or domestic-violence support doorway first. This guide is not legal advice and not a substitute for emergency services.

Start here

- If there is immediate danger or an emergency, use emergency services first.
- Use a crisis or domestic-violence support resource before trying to read the whole site.
- If possible, write down the safest callback number or safest way to be contacted.

Gather what helps

- Any recent notices, orders, or case numbers if you can access them safely.
- Names, dates, locations, and a short timeline of what happened.
- The best safe address, email, or phone number for follow-up.

Use the Family Hub doors

- Family Hub safety support section
- 211 Maine
- Maine Coalition to End Domestic Violence help pages

After the immediate step

- Once safety is addressed, use the court-help, legal-help, or story-intake lanes as needed.
- Do not feel pressure to move into the reform or proof layer before the practical step is handled.

Related site pages: [resources.html](#), [briefs.html](#), [dashboard.html](#), [story-intake.html](#)