



# DOMESTIC VIOLENCE

If you are in danger, call 911 for the police. Physical abuse by your spouse or partner is illegal. Your safety is the most important thing.

If you are a victim/survivor of abuse or harassment you may be entitled to get a Protection Order. A **Protection from Abuse Order** is a Court Order that can help protect you and your children from family/household members or others who have abused you.

In general, abuse includes:

- Physical violence
- Threats of physical violence
- Sexual assault
- Stalking
- Revenge porn

Protection from Abuse Orders can make it illegal for an abuser to contact you, come to your home or workplace, follow you, or possess firearms, among other things, for up to two years.

**For more information** about Protection Orders and staying safe, you can contact a domestic violence or sexual assault advocate at the agencies below. See also [ptla.org](http://ptla.org). If you are in immediate danger call 911.

## **What is Pine Tree Legal Assistance?**

Pine Tree Legal Assistance provides free civil legal aid to low-income individuals throughout the state of Maine.

### **Resources:**

**Farmworker Unit: 207-942-0673**

**National Domestic Violence Hotline: 1-800-799-7233**

**Maine Mobile Health: 207-622-9252**

## **Legal Advocacy**

Pine Tree Legal Assistance provides direct legal advocacy to Mainers with low incomes who need help resolving serious civil legal issues. Our advocacy ranges from legal advice and brief assistance to negotiations and full legal representation. We have offices in Portland, Lewiston, Bangor, Augusta, Machias and Presque Isle.