

How to Contact Me

A Better Way will only contact you in ways you give permission for.

- You never have to agree to let us contact you. We will still help you and provide our services when you contact us.
- If you do want A Better Way to contact you, use this form to give instructions about how you want us to contact you, and what information (if any) we can leave in a message.
- Before you fill this out, a Victim Advocate, Case Manager, and/or Counselor at A Better Way will discuss your goals/needs, your choices for how to meet those, and the pros and cons of having us contact you.
- You can change your mind about how or if we contact you at any time, and we will update this form to reflect your decision.

These are my instructions for A Better Way to contact me:

☐ Do Not Contact	It is not safe to contact me. I will contact A Better Way.
☐ Phone, if so which number(s)?	During these hours: _____ ☐ voice messages are okay It is safe/private to leave a message for me about: (appointments, updates, who is calling, etc.)
☐ Text, if so which number(s)?	During these hours: _____ It is safe/private to text me about: (appointments, updates, who is calling, etc.)
☐ Email, if so which address(es)?	It is safe/private to email me about: (for example: appointments, updates, pamphlets/flyers, etc.)
☐ Mail, if so which address(es)?	It is safe/private to send information for me about: (appointments, updates, pamphlets/flyers, etc.)
☐ Other:	These are my specific instructions when you contact me this way:

I know if someone is monitoring my phone or computer, or if someone else has access to my phone or computer, they might see the messages, or information about the messages. Let an Advocate/Case Manager know if you would like more information about this to help safety plan around these potential risks.

Signature: _____

Date: _____