

## Events Journal

### How to Use this Journal:

1. If you are in immediate danger, call 911.
2. Only fill out this journal when it is safe for you to do so.
3. The first page has information to help you fill out the journal and find help. The journal starts on page 2.
4. Reach out to a domestic violence shelter or Crime Victim Advocate (CVA) for resources and support.
  - You can find a listing of domestic violence shelters in Montana at: [mcadsv.com/](http://mcadsv.com/) or by calling 1-800-799-7233.
  - You can find your nearest Crime Victim Advocate at: [dojmt.gov/victims/crime-victim-advocates/](http://dojmt.gov/victims/crime-victim-advocates/) or by contacting your county courthouse.
5. Only gather information from witnesses at a time and place when it is safe for you and the witness.
6. Write down each time you feel threatened as its own incident. This can happen when the person shows up unexpectedly, contacts you through a note, email, social media, text, or other behavior that makes you feel scared.
7. If you have videos and pictures, they may be admissible in court. It is important to know that a notice of recording devices needs to be displayed in a visible location (like a sticker in your window).

### Where can I find copies of this journal?

<https://www.montanalawhelp.org/resource/events-journal>

### How do I get legal help?

Montana Legal Services Association (MLSA) provides free civil legal help to low-income people.

Contact us to see if you qualify:

- Apply anytime online at [mtlsa.org](http://mtlsa.org);  
Call our Helpline at 1-800-666-6899 (Helpline hours are limited).

### What help can I find at MLSA?

- Legal advice and representation;
- Referrals to volunteer attorneys and other providers.

<b>Date &amp; Time</b>	<b>What Happened?</b>	<b>Law Enforcement Agency and Officer's Name</b> (include phone and badge number)	<b>Incident Location</b> (home, work, school, car, social media, etc)	<b>Witness Information</b> (who was there?)
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