

Personalized Safety Plan

Important Phone Numbers

Police: 911

Care Lodge: 601-693-HOPE (4673)

My Important Numbers

Suggestions for increasing your safety in the relationship:

- I will have important phone numbers available to my children and myself.
- I can tell _____ and _____ about the violence and ask them to call the police if they hear suspicious noises coming from my house.
- If I leave home, I can go (list four places): _____, _____, _____, and _____.
- I can leave extra money, car keys, clothes, a 2-day supply of prescription medications and copies of important documents with _____.
- If I leave, I will bring (see checklist)

_____.
- To ensure safety and independence, I can:
 - keep change for phone calls with me at all times,
 - open my own savings account,
 - rehearse my escape route with a support person,
 - and review my safety plan on _____ (date).

Suggestions for increasing your safety when the relationship is over:

- I can: change the locks; install steel/metal doors, a security system, smoke detectors and an outside lighting system.
- I will inform _____ and _____ that my partner no longer lives with me and ask them to call the police if s/he is observed near my home or my children.
- I will tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are _____, _____, and _____.
- I can tell _____ at work about my situation and ask _____ to screen my calls.
- I can avoid stores, banks, and _____ that I used when living with my battering partner.
- I can obtain a protective order from _____. I will keep it on me at all times as well as leave a copy with _____.
- If I feel down and ready to return to a potentially abusive situation, I can call _____ for support or attend workshops and support groups to gain support and strengthen my relationships with other people.
- If I have animals I can leave them with _____ or _____.