

## **Safety Plan When Preparing to Leave**

Determine who will let you stay with them or lend you some money. Decide and plan where you'll go if you leave home (even if you don't think you'll need to). If you need to flee temporarily, where would you go? Think through several places where you can go in a crisis. Write down the addresses and phone numbers, and keep them with you. I will check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money. I can leave extra clothes with \_\_\_\_\_.

Leave money, extra keys, and copies of important documents and clothes with someone you trust. I will leave money and an extra set of keys with \_\_\_\_\_ so that I can leave quickly. I will keep copies of important documents at \_\_\_\_\_.

Have a packed bag ready and keep in a secret, but accessible place so you can leave quickly. Always try to take your children with you or make arrangements to leave them with someone safe. Keep phone numbers for shelters close by and keep change or a calling card with you at all times. Review your safety plan with a domestic violence advocate to plan the safest way to leave your abuser I will sit down and review my safety plan every \_\_\_\_\_ in order to plan the safest way to leave the residence. \_\_\_\_\_ (domestic violence advocate or friend) has agreed to help me review this plan.

I will rehearse my escape plan and, as appropriate, practice it with my children.

Other things I can do to increase my independence include:

Open a savings account in your own name to establish and increase your financial independence.

The domestic violence program's hot line number is (931) 381-8580 and I can seek shelter by calling this hot line.

I can keep change for phone calls on me at all times. To keep my telephone communications confidential, I must either use coins or I might get a friend to permit me to use their calling card for a limited time when I first leave.

**\*\*I WILL ALWAYS KEEP A CELL PHONE WITH ME.**

**ALL CELL PHONES CAN CALL 911.\*\***

**\*\*I WILL NOT HESITATE TO CALL 911 IF I AM AFRAID FOR MY LIFE\*\***

I will keep this document in a safe place and out of the reach of my potential attacker.

Review date: \_\_\_\_\_

Maury County 24-hour Crisis and Referral Hotline at 931-381-8580

OR National Domestic Violence Hotline at 1-800-799-SAFE (7233)