

My Safety Plan

**Remember: Help is available.
You are not alone.**

The *I Am* House



THIS WILL CHANGE EVERYTHING

1

MY WARNING SIGNS ARE:

* These can be thoughts, feelings, or behaviors that indicate you are at risk.

2

MY EFFECTIVE COPING STRATEGIES ARE:

* These are things you can do to help lift your mood, like meditation or exercise.

3

HAVE YOU TOLD SOMEONE ABOUT YOUR RELATIONSHIP?

What word or phrase can you use as a code in a phone call, text, or message, to ask your family, friends, or neighbors to call for help without your partner knowing?

4

PEOPLE I CAN REACH OUT TO FOR HELP:

Person 1:	Contact No.
Person 2:	Contact No.
Person 3:	Contact No.
Person 4:	Contact No.

5

STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:

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-
-
-

Remember to avoid an area with weapons, like the kitchen, and avoid places without exits, like the bathroom.

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6

IN THE EVENT OF A CRISIS:

Call Emergency Contact #1: _____

Call Crisis Hotline: _____

Call Emergency Services: _____

7

IF YOU NEED TO LEAVE YOUR HOME IN AN EMERGENCY, WHAT IS A SAFE PUBLIC PLACE WHERE YOU COULD GO?

This can be a nearby police station, a store, a McDonald's, or any other place that's open and has people around.

8

THINGS TO INCLUDE IN A BAG IN CASE YOU HAVE TO LEAVE QUICKLY:

- | | | |
|--|---|--|
| <input type="checkbox"/> Identification | <input type="checkbox"/> ATM or Credit Card | <input type="checkbox"/> Baby Clothes/Items |
| <input type="checkbox"/> Extra Phone Charger | <input type="checkbox"/> House Key | <input type="checkbox"/> Copy of Restraining Order |
| <input type="checkbox"/> Medication | <input type="checkbox"/> Spare Car Key | <input type="checkbox"/> Child's Birth Certificate |
| <input type="checkbox"/> Extra Cash | <input type="checkbox"/> Change of clothes | <input type="checkbox"/> Health Insurance Cards |

9

DO YOU HAVE CHILDREN?

If so, do they know how to call 911? Do they know your home address? What word or phrase can you use as a code between you and your children to let them know they need to call for help?

10

IF YOU DON'T FEEL COMFORTABLE ASKING YOUR CHILDREN TO CALL FOR HELP, WHAT IS YOUR SAFETY PLAN FOR YOUR CHILDREN IF THEY ARE IN THE HOME WHEN THE ABUSE OCCURS?

This could be a place to hide, activity to focus on, etc.
