*Liza Young Counseling, LLC*

**Safety Plan**

If you are in imminent danger, please call 911.

If you choose to stay:

Make a copy of car key and house key and hide it in an easy spot to get to.

Find a safe place to go during arguments. Avoid rooms with no exits or

rooms with weapons (kitchen).

Teach your children where to go to be safe and how to call for help.

Make a list of safe people to contact and memorize important numbers.

Keep cash with you at all times.

Establish a “code word” or “sign” so that family, friends, teachers, or coworkers know when to call for help.

Document all incidences in a journal, including date, and keep it hidden.

Back your car into the parking spot so you can leave quickly if necessary.

If you choose to leave:

Gather medication & all important documents: social security cards, birth

certificates, ID cards.

Do not tell your children your plans until it is time to leave. Reassure them

that they will be safe and protected.

Contact a domestic violence shelter if you need a place to stay or you fear

for your safety.

Leave when he is not there. Once you leave, avoid staying completely alone.

Seek a Protective Order. No criminal charges are necessary to obtain a

temporary PO.

Notify your employer, friends, and family that you have left the abusive

relationship and that you want no contact with the abuser.

Change to an unlisted number and keep it confidential.

Open a P.O. Box to receive mail so that your actual address is not revealed.

Seek legal advice to know your rights if you are married or have joint children.

www.lizayoungcounseling.com

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