



Safety when getting ready to leave

- I will keep important documents (birth and marriage certificates, passports, medical cards, benefit books, bank and building society books, rent/mortgage details, driving licence, car registration documents, details of car insurance, immigration documents) or copies at: _____

- I will leave some extra clothes, personal possessions, medication, cash and spare keys with _____

- I will open a savings account by _____ (date) to increase my independence so

I can save as much money as possible without alerting the perpetrator, have letters sent to a new email address or a different address other than home.

- Other things I can do to increase my independence are:

- The 24 hour domestic violence national helpline number is 0808 2000 247

- Other numbers for support agencies are:

- I can stay with _____ in an emergency

- I can borrow money from _____ in an emergency

- If I plan to leave I won't tell my abuser in advance face-to-face, If I want to tell them I will leave or send a note, or call once I am in a safe place.

- I will ensure that I never tell my abuser where I am staying

- I will review my safety plan every _____ (time frame) in order to review whether it is still working for me.

- I will review the plan with _____ (a friend, agency worker, counsellor or advocate.)

- I will review and rehearse my escape plan every _____ (time frame) and practice it with my children.