

Make sure to keep this information in a place where your abuser cannot find it.

My Support Network

These people will help me while I am in a violent relationship, thinking about leaving, or when I am ready to leave. They will provide me with the confidential and trusted support I need to keep myself and my children as safe as possible. I can always call them in an emergency.

Name	Phone Number

Important Phone Numbers

Police:
Transition House:
Shelter:
Health Centre:
Bank:
Day care:
Children's school:
Taxi:
Lawyer:



Pack a Bag Checklist

I will have my emergency bag packed with the following items and it will be located in a safe place and ready to go when I am in a hurry.

My emergency bag will be safe from my abuser	rat:
Their phone number is	
Emergency cash	
Copies of important documents for me and such as identification cards, health cards, s social insurance cards, passports, medical birth certificates.	status cards,
Medication for myself and/or my children	
Driver's license	
Spare keys, such as to the house or car	
Picture of the abuser	
Banking information including bank cards a	and credit cards
Items of sentimental value	
Extra clothing and toiletries	
Cell phone	You are strong
Bus tickets	and courageous
Your children's favorite toy(s)	

Backup Plan Checklist



I will be sure to <u>do the following things ahead of time</u> in case my abuser comes home when I am leaving. I will be prepared.

 _ I will hide any evidence of leaving as I go.
 _ I will prepare an escape route, such as staying in rooms where there are multiple exits and planning which exit I will take. I will hide all visible sharp objects in case they suspect I am leaving.
 _ I will not tell my children that we are leaving until it is safe to do so.
 _ I will tell trusted friends, family, or neighbours about the violence and give them my full address, including apartmen number, so they can call the police if they need to.
 _ I will give my full address, including apartment number, and set up a code word with people I trust so when I text them or speak the code word, they will know to call the police right away.
_ If able, I will wait until they leave again and exit the house o apartment through a back stairwell/door so I don't run into them on the way out.

You deserve to live a safe and fulfilling life, free from violence!

Safe places I can go

I know I can go to these places when I decide to leave or it is an emergency. I trust that I will be safe in all of these places.

Who	Address	Phone Number	
I can take ı	my pets with me	to	
OR I can le	ave my pets with	ı	

You always deserve to be treated with love and respect!



Notes	

