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
---|---

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

Police: __________________________________________

Transition House: __________________________________

Shelter: _________________________________________

Health Centre: ____________________________________

Bank: ___________________________________________

Day care: _________________________________________

Children’s school: ________________________________

Taxi: ___________________________________________

Lawyer: _________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

You can do this! Remember, you are not alone!
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 at:

Their phone number is ____________________________

___ Emergency cash
___ Copies of important documents for me and my children, such as identification cards, health cards, status cards, social insurance cards, passports, medical records, and birth certificates.
___ 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 and credit cards
___ Items of sentimental value
___ Extra clothing and toiletries
___ Cell phone
___ Bus tickets
___ Your children’s favorite toy(s)

You are strong and courageous!
Backup Plan Checklist

I will be sure to do the following things ahead of time 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 apartment 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 or 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.

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I can take my pets with me to ____________________

OR I can leave my pets with ____________________

You always deserve to be treated with love and respect!