

## I still live with my partner/family member

- **Plan in advance** how you might respond in different situations, including crisis situations.
- **Seek professional advice** using the 'Useful Contacts' section overleaf. Consider where you would go in an emergency. You could go to a refuge where you and your children can stay until you find new accommodation.
- **Be ready to dial 999** if you or your children are in danger. Know where the nearest phone is and keep your mobile phone with you.
- **Teach your children how to dial 999** and what to say in an emergency.
- **Plan and rehearse your escape route** if you need to leave in an emergency.
- **If you are in a potentially violent situation and cannot leave, try to avoid risk areas** such as the kitchen or garage where there may be knives or weapons.
- If there are **neighbours you can trust**, ask them to call the police on 999 if they ever hear a disturbance from the house.
- **Consider arranging a code word or sign** that will tell a friend or family member to ring the Police on 999.
- **If possible pack an emergency bag** and hide it somewhere safe, such as at a friend or relative's house.
- **Keep with you important telephone numbers** and some money.
- **Cover your tracks online** or use computers at a library or a friend's house. For more information visit [www.womensaid.org.uk/cover-your-tracks-online](http://www.womensaid.org.uk/cover-your-tracks-online)

## Please fill in this section with your own information

Actions I can take:

Other useful contact numbers (e.g. GP, social worker, solicitor, school etc.)

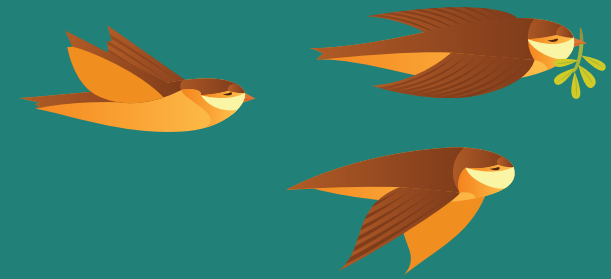


Wolverhampton Domestic Violence Forum  
Working in partnership to tackle domestic violence



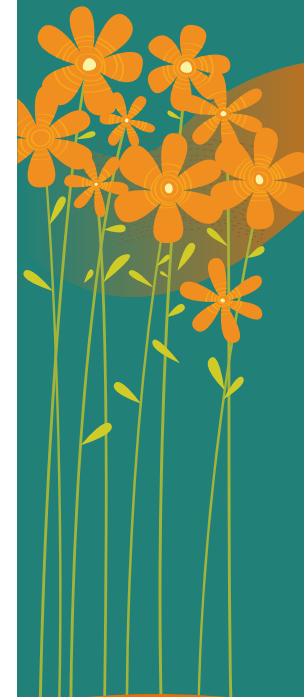
west midlands  
police and crime  
commissioner

[www.wolverhampton.gov.uk/wdvh](http://www.wolverhampton.gov.uk/wdvh)  
01902 555 643



# DOMESTIC ABUSE

## safety plan





## Safety Planning

A personal safety plan is a way of helping you to protect yourself and your children. It helps you to think about how you can increase your safety, either within the relationship or if you choose to leave.

**Keep this leaflet where it cannot be found.**

### Useful Contacts

For further information, advice and support contact:

#### Police

101 or in an emergency 999

#### The Haven Wolverhampton

a single point of contact for women and men  
0800 019 4400 (24/7 helpline)

#### The National Domestic Violence Helpline

0808 200 0247 (24/7 helpline)

#### Men's Advice Line

0808 801 0327

#### Karma Nirvana

support on forced marriage and honour-based crimes  
0800 599 9247

#### Broken Rainbow

for survivors of same sex domestic abuse  
0800 999 5428

#### Sexual Assault Referral Centre

24/7 Self-referral line 0808 168 5698

#### Recovery Near You

for support with substance misuse 0300 200 2400

## I'm thinking about leaving

If you decide to leave, it is best to plan in advance. Be aware that the risk of violence can sometimes increase if your abuser thinks you are about to leave.

- **Leave when you know your abuser will not be around.**
- **Take your children** with you otherwise it may be difficult to have them with you in the future.
- If you have pets and are worried about their welfare, consider who could look after them. The RSPCA's Pet Retreat service may be able to arrange for a pet foster carer if you decide to go into refuge or temporary accommodation. Contact them on 0300 123 8278.
- **Try to set aside a small amount of money each week**, or even open a separate bank account.
- If possible, **pack an emergency bag** and keep it somewhere safe (such as at a friend's or relative's house). The items on this list are not essential but consider taking:
  - o Money/banks cards
  - o Driving licence/passport/visas/birth certificates
  - o Family photographs/toys
  - o Change of clothes
  - o Keys
  - o Medicines
  - o Mobile phone/important telephone numbers
  - o Any documentation relating to the abuse (e.g. court orders, police reports and copies of medical reports).



## I have left

- **It might increase your safety if you tell certain people** who will not share your information and may help in an emergency.
- **Consider places to avoid** (e.g. places you used to visit together or where you might be vulnerable or isolated).
- **If your abuser comes to your door, don't open it. Call 999 immediately.**
- **If contact with children** is safe and arranged, choose a safe handover place.
- **Ensure your number cannot be traced** by dialing 141 before making a call. You can also change your number and make it ex-directory.
- **Your mobile phone could be tracked**, speak to your provider for advice or change your phone.
- **Consider security measures** such as smoke detectors, locks and security lights.
- **Consider whether it is safe to use social media** or review your privacy settings.
- **If the abuse continues keep detailed records** of each incident, including photographs of any damage or injuries. Tell the Police and your solicitor immediately.
- **Ensure any injuries are treated and documented** by your GP or hospital.
- **You could apply for a civil injunction or protection order.** See the 'Useful Contacts' section for further advice.
- **Talk to your children** about the need to keep your address confidential.
- Request that your **address does not appear on any court papers.**
- Apply to **join the electoral register anonymously.**