



DOMESTIC ABUSE - SAFETY PLANNING

Safety planning means having plans in place to protect you when you need it. Specialist workers from Coventry Haven Women's Aid can help you to safety plan - call free on **0800 111 4998**.

If you can't reach out to anyone now, create your own safety plan. Think about:

Everyday planning:

- ▶ Pack a bag of essentials and leave with someone you trust
- ▶ Keep safe or make copies of key documents - passports, birth certificates, driving licences
- ▶ Keep some money hidden away in case you need it
- ▶ Keep your mobile phone with you at all times and maybe keep a separate mobile phone hidden, and keep it charged
- ▶ Plan in advance things you might need to take if you choose to leave (this includes things like birth certificates, school and medical records, money, driving documents, cheque book, passports, savings books, child benefit books, medication, clothing and children's favourite toys).
- ▶ Carry a list of phone numbers of people and organisations who can help you
- ▶ Have your own set of keys for your house or car
- ▶ Make arrangements for any pets so their safety can't be used against you. Coventry Haven can help you with organisations who will keep your pet safe while you leave: call **0800 111 4998**
- ▶ Call 999 immediately. You can make a silent emergency call by pressing 55 after they have answered, and even if you can't make a noise they will send the police to you.

