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| **Benefits of Counseling**When it is safe to do so, consider speaking to a counselor. Some benefits to seeking counseling:* Coping skills and strategies can help you to continue daily activities and relationships.
* Establishing a support network can help to decrease the negative physical, psychological, and emotional effects that often result from traumatic experiences.
* In a confidential setting, you can discuss topics such as:
	+ Safety planning and options for the future.
	+ The event and how it made you feel.
	+ Legal and judicial decisions.

**Who Can help?**[*Agency*] Victim Services can assist you with information regarding victims’ rights, Crime Victim Compensation, case status, navigation of the criminal justice system, and referrals to the appropriate community resources or helping professionals or organizations according to your specific needs |

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| **Resources**Local Resources **Protection Orders**[*Insert relevant local resources*]**Shelters**[*Insert relevant local resources*]**Legal Assistance**[*Insert relevant local resources*]**Counseling**[*Insert relevant local resources*]National Resources**Victim Information and Notification Everyday (VINE)**1-877-894-8463[www.vinelink.com](http://www.vinelink.com) **Stalking Prevention, Awareness, and Resource Center (SPARC)**[www.stalkingawareness.org](http://www.stalkingawareness.org) **National Domestic Violence Hotline**1-800-799-SAFE (7233)[www.thehotline.org](http://www.thehotline.org) **Rape, Abuse, & Incest National Network (RAINN)**1-800-656-HOPE (4673) – National Sexual Assault Hotline[www.rainn.org](http://www.rainn.org) **Women’s Law**[www.womenslaw.org](http://www.womenslaw.org) This publication was produced under [*Grant Number*] awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this draft publication are those of the contributors and do not necessarily represent the official position of the U.S. Department of Justice. [*Revision Date*] |

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| **Personal** **Safety Plan****[*Agency*] Victim****Adult Grief and Loss****Adult Grief and Loss****Services****[*address*]****[*phone number*]****[*Insert Agency logo*]****[insert Agency logo]****[insert Agency logo]****[insert Agency logo]**Name/ID Number:Direct Number: |

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| You always have the right to be safe. You do not deserve to be hit or threatened, and you should never be made to feel afraid for the well-being of yourself or others in your relationship.**Safety at Home When the Abuser Is Present**If possible and when it is safe to do so, consider:* Staying out of rooms with no exit
* Avoiding rooms that may have weapons or objects that can be used as weapons (e.g., kitchen knives, tools)
* Practicing how to get out of your home safely
* Telling your neighbors about the abuse and asking them to call 911 if they hear a disturbance from your home
* Selecting a code word that will alert your friends, children, family, and neighbors to call 911
* Creating and saving a group text message that can be used to immediately alert multiple people
* Trusting your own instincts and judgment—protecting yourself until you are out of danger

**Safety When Preparing** **to Leave**If possible and when it is safe to do so, consider:* Opening a bank account and/or credit card in your own name—depositing as much money as you safely can
* Getting a P.O. box in your name to receive mail
* Leaving a packed bag and checklist items with a trusted relative or friend
* Communicating your plans with a trusted friend or relative
* Planning where you will go, who you can stay with, and who can lend you money during a crisis
* Memorizing domestic violence/sexual assault resource numbers or keeping them nearby
* Reviewing your safety plan often to ensure the safest way to leave the abuser
* Developing an alternate or back-up plan

**Safety planning is essential. Leaving your abuser is often the most dangerous time.**   | **Safety When the Abuser** **is Gone**If possible and when it is safe to do so, consider:* Obtaining a protection order—keeping a copy with you and giving copies to trusted relatives and friends
* Informing your employer, children’s school/ daycare, and neighbors about the protection order and its conditions
* Changing your phone number and screening calls
* Changing/adding locks on doors and windows
* Installing/increasing outdoor lighting
* Installing a peephole in your doors
* Providing your neighbors and landlord with a photo of the abuser and description of their vehicle
* Telling your neighbors and landlord to call 911 if the abuser is seen near your home
* Keeping a charged cell phone with you at all times

**Protecting Your Children**If possible and when it is safe to do so, consider:* Discussing a safety plan with your children for times when you are not with them
* Planning/rehearsing an escape route
* Teaching children a code word and instructing them to call 911 if you say the word
* Teaching them how to use your home and cell phone.
* Providing school/daycare personnel with a photo of the abuser and description of the abuser’s vehicle and discussing safety planning for your children while they are at school/daycare.

**Safety at Work**If possible and when it is safe to do so, consider:* Providing your supervisor and security personnel with a photo of the abuser, a description of their vehicle, and a copy of the protection order
* Arranging for an escort to/from your car or bus
* Varying the times/routes you use to go home
* Carrying a noisemaker or personal alarm
 | **Checklist Items**Having these items located and accessible can support personal safety.**Identification:*** Driver’s license or identification card
* Birth certificates — yours and your children’s
* Social security cards — yours and your children’s
* Public benefits cards
* Medical insurance cards

**Financial:*** Money
* Credit/debit cards
* Checkbook

**Legal Documents*** Protection order
* Lease, rental agreement, property deeds
* Vehicle title, registration, and insurance
* Health/life insurance documents
* Medical records—yours and your children’s
* Work permit, green card, visa
* Passport
* Divorce/custody paperwork

**Other*** Keys—house, vehicles, and safe deposit
* Medications
* Jewelry
* Address book
* Photos—of you, your children, and the abuser
* Small children’s toys
* Clothing and toiletries
* Alternate cell phone
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