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| SAFETY  PLAN. |  | Liza Young Counseling, LLC |
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| **If you are in imminent danger, please call 911.**  If you choose to stay:  Make a copy of the car key and house key and hide it in an easy spot to get to.  Find a safe place to go during arguments. Avoid rooms with no exits or  rooms with weapons (kitchen).  Teach your children where to go to be safe and how to call for help.  Make a list of safe people to contact and memorize important numbers.  Keep cash with you at all times, also try to set aside money to save.  Look for a job if you don’t already have one so you can support yourself.  Establish a “code word” or “sign” so that family, friends, teachers, or coworkers know when to call for help.  Document all incidences and pictures of injuries in a journal, including dates, and keep it hidden.  Back your car into the parking spot so you can leave quickly if necessary.  If you choose to leave:  Gather medication & all important documents: social security cards, birth certificates, ID cards.  Do not tell your children your plans until it is time to leave.  Contact a domestic violence shelter if you need a place to stay or fear  for your safety.  Leave when he is not there. Once you leave, avoid staying completely alone.  Seek a Protective Order. No criminal charges are necessary to obtain a  temporary PO.  Notify your employer, friends, and family that you have left the abusive  relationship and that you want no contact with the abuser.  Change to an unlisted number and keep it confidential.  Open a P.O. Box to receive mail so that your actual address is not revealed.  Seek legal advice to know your rights if you are married or have joint children. |  |  |

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