



Planning for your safety.

A safety plan will help you navigate risks and threats you may experience before, during, and after abuse. Every situation is different. If something could cause more danger, don't do it. Trust your instincts.

**Prepare. Trust your instincts.
Know who to trust.**

A good first step is to gather up important documents and put back as much cash money as you can.

Decide and plan where you will go if you need to flee. Practice the routine. If you have kids, develop a plan for when you are not with them.

If you have a protective order, keep a copy with you at all times and make a copy for a friend. If you don't have an order, we can help you with this process.

Consider using a friend's computer to visit our website for more safety ideas. And call us anytime of day, any day of the year, for safety planning support.

Green  House17

Nurturing lives

harmed by intimate partner abuse.

24-HOUR CRISIS HOTLINE 800.544.2022



Partner Agency