



my safety plan

If you are in an abusive relationship, having a Safety Plan worked out *in advance* can help you get out of your home safely and quickly, if necessary.

It is helpful to work through all the steps, even if things are going smoothly.

Bring your Safety Plan with you if you need to leave in a hurry.

STEP ONE

Think about

- Where you can go to make a telephone call;
- A safe place where you can go to stay in an emergency. This may be with a friend or relative, a woman's refuge, a hotel or a B&B;
- The telephone number of the safe place;
- How to get to the safe place. Decide how you will get there at different times eg. day or night;
- The number of a local taxi firm;
- What to tell the children, and how to tell it to them, when you need to put the Safety Plan into action.

Women's Aid FREE National Helpline

 **1800 341900**

10am-10pm, 7 days a week

STEP TWO

Write down:

- important phone numbers
- your family's essential medicines
- your RSI/ PPS or Claim No.
- your Child Benefit Book No

Taxi



Doctor



Garda Station



Law Centre/ Solicitor



District Court



Health Centre (CWO)



Social Welfare Office



Housing Department



Women's Refuge/ Support Service



Rape Crisis Centre



Family / Friends



Others



Essential Medicines

RSI/PPS/ Claim No.

Child Benefit Book No.

STEP THREE

Collect together the following items.
Hide them somewhere you can get them
in a hurry.

- Enough money to get to a safe place by bus or taxi;
- An extra set of keys for your home;
- An extra set of keys for your car (if you have one)
- Extra clothes for you and your children.

It may be a good idea to put them in a bag
and store it with a friend.



Garda - 999 or 112

24 hour

(use 112 from a mobile 'phone)

STEP FOUR

Think about where you can find the following items in a hurry. Have a bag ready.

- School uniforms and some of your children's favourite things;
- Essential medicines;
- The health board and social welfare require personal identification and evidence to assess your entitlement, eg:
 - any court orders
 - RSI/ PPS card
 - claims' books
 - medical card
 - marriage certificate
 - birth certificates
 - bank details
 - pay slips

STEP FIVE

If you can, discuss your Safety Plan with a trusted friend so they can support you if you need to put it into action.

Keep your Safety Plan in a safe place. Ideally, somewhere you can get it quickly if you need to leave in a hurry.



Further copies of this leaflet can be obtained by writing to:
ADAPT Services
Rosbrien, Limerick

Remember, YOUR SAFETY COMES FIRST.

Don't worry if you leave anything behind. You can come back later, with the garda for protection, if you need to collect other things.