

### **Safety during a crisis situation**

- Call 911 and yell loudly to alert neighbours.
- Arrange for a friend or neighbour to call the police if they hear a disturbance coming from your home.
- Have a code word to use with your children, family, friends or neighbours. When you need the police.
- Use your right to protect yourself until you are out of immediate danger.

### **Safety when planning to leave**

- Get your own bank account and/or credit card tell no one about the account and ensure the bank will not send you mailings or release account information to anyone but you. This is easily done and very common.
- Have change or a calling card for emergency calls.

### **Safety when you're on your own**

- Change the locks on your doors and secure your windows.
  - Make sure your children have a safety plan for when you are not with them.
  - Inform school or daycare about who has permission to pick up your children.
- Inform your neighbours and landlord that your partner no longer lives with you.

### **Safety with a restraining order**

- Keep it with you at all times and give a copy to a family members, trusted friend or neighbour.
- Call the police if your abuser violates the order.
- Inform family, friends, neighbour and your physician that you have a restraining order.
- Have friends, neighbours or landlord contact the police if they see your abuser near your home, school, or place of work. Instruct them to provide the police with a description or picture of your abuser and the make, model and license number of his car.

### **Safety on the job and in public**

- Decide who at work should know about your situation (including security) and supply them with a photograph of your abuser, if necessary.
- Screen your telephone calls.
- Make sure you can leave work safely, if you drive, park in a safe place. Ask someone to escort you to your means of transportation. Use a variety of routes home, if possible.
- Avoid always using the same grocery store, video store, etc.

### **IMPORTANT PHONE NUMBERS**

<b>Police:</b>	Emergency	911
	Complaint	423-4567

<b>Shelters:</b>		
WIN House	479-0058	
Lurana	424-5875	
Safe Place	464-7233	
W.E.A.C.	423-5302	