

Safety Planning

Keeping yourself safe is part of the CRAFT approach. If you believe you are at risk for relationship violence, it is essential that you call the National Domestic Violence Hotline at 1-800-799-SAFE (7233). If you are afraid or in danger call 911 immediately.

Note the three most important things you learned to guide you in handling conflicts.

Did you create a safety plan? If not, why do you think you chose not to? What would it take to change your mind?

MY SAFETY PLAN

Creation Date: _____

What do I need to pack?

(For example: clothes for work, medication, toiletries, banking info)

Where will I keep my bags?

(For example: the trunk of my car)

Where can I stay?

(For example: my sister's house)

Where is a back-up place to stay?

(For example: with my friend Shirley)

What do I need to pack for my children?

(For example: clothes, toiletries, medication)

What contact numbers do I need to keep with me?

(For example: my sister's, Shirley's, the local women's shelter, the police)

What is a code word to use with my

National Domestic Violence Hotline 1.800.799.SAFE (7223)

• Veterans Crisis Line 1.800.273.8255 • Press 1

