

SAFETY PLANNING

Safety Planning List

Here are some helpful items to get together when you are planning on leaving an abusive situation. Keep these items in a safe place until you are ready to leave, or if you need to leave suddenly. If you have children, take them. And take your pets, too (if you can):

Identification for yourself and your children

- birth certificates
- social security cards (or numbers written on paper if you can't find the cards)
- driver's license
- photo identification or passports
- welfare identification
- green card

Important personal papers

- marriage certificate
- divorce papers
- custody orders
- legal protection or restraining orders
- health insurance papers and medical cards
- medical records for all family members
- children's school records
- investment papers/records and account numbers
- work permits
- immigration papers

- rental agreement/lease or house deed
- car title, registration, and insurance information

Funds

- cash
- credit cards
- ATM card
- checkbook and bankbook (with deposit slips)

Keys

- house
- car
- safety deposit box or post office box

A way to communicate

- phone calling card
- cell phone
- address book

Medications

- at least 1 month's supply for all medicines you and your children are taking, as well as a copy of the prescriptions

A way to get by

- jewelry or small objects you can sell if you run out of money or stop having access to your accounts

Things to help you cope

- pictures
- keepsakes
- children's small toys or books

