

Personalized Safety Plan

Your safety is most important. Here are some tips to keep you safe. It is important to get help with your safety plan.

Harbour House has a 24/7 support line.

902.543.3999 or

Toll-free **888.543.3999**

If you would like individual counseling, an Outreach Worker is available at locations throughout Lunenburg and Queens Counties. There is no cost.

Support groups meet throughout the year. All programs are free.

Phone Outreach at **902.543.9970**

outreach@harbour-house.ca



Items to take, if possible

Medications for you and your children

Money, cheque book, bank books, credit / debit cards

Keys to car, house, work

Extra clothes

Important papers for you and your children

- Birth certificates
- Social Insurance cards
- Driver's license
- Health cards
- Passports
- Indian status cards/immigration cards

Insurance papers, lease/mortgage papers

Divorce/separation papers

Copies of court orders

Copies of Emergency Protection Orders

Address book

Pictures, jewellery, things that mean a lot to you

Items for the children (toys, blankets, etc.)

Harbour House

Box 355
Bridgewater B4V 2W9

Phone: 902.543.3999
Toll Free: 888.543.3999
Fax: 902.543.3533
E-mail: info@harbour-house.ca
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United Way
Lunenburg County
Change starts here.

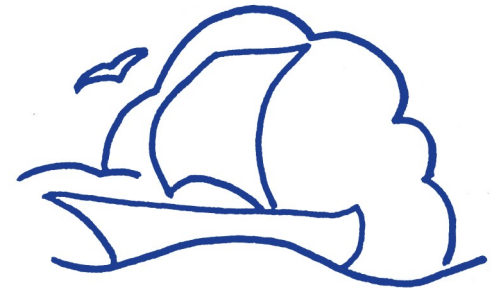


**Status of Women
Canada**

**Condition féminine
Canada**

Harbour House

Safety Planning



902.543.3999

888.543.3999

If you are in an abusive relationship, think about...

Have important phone numbers nearby for you and your children. Police, friends and the local shelter should be on that list.

Tell someone you trust what is happening. Ask them to call the police if they hear angry or violent noises.

If you have children, teach them how to dial 911. Make up a code word you can use when you need help. Let them know they are not responsible for the violence.

Practice ways to get out of your home safely. Think about safer places in your home where there are exits and no weapons. If you feel abuse is about to happen, try to get your abuser to one of those safer places.

Even if you don't plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house; taking out the trash, walking the dog or going to the store.

Park your car where it can't be blocked, and keep it fuelled.

If you consider leaving your abuser, think about...

Four places you could go if you leave your home.

People who might help you if you leave. Think about people who might lend you money.

Making plans for your pets.

Keep change for phone calls or get a cell phone.

Opening a bank account or get a credit card in your name. Have statements sent to another address.

How you might leave. Try doing things that get you out of the house. Practice how you would leave.

How can you take your children with you safely? There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.

Putting together a bag of things you use every day. Hide it where it is easy for you to get it.

If you have left your abuser, think about...

Your safety—you still need to be cautious.

Getting a cell phone

Getting a Protection Order. Keep a copy with you all the time. Give a copy to the police, people who take care of your children, their schools and your boss. Make sure to contact the police if the Protection Order has been violated.

Changing the locks. Consider putting in stronger doors, smoke and carbon monoxide detectors, a security system and outside lights.

Tell friends and neighbours that your abuser no longer lives with you. Ask them to call the police if they see anything suspicious.

Tell someone at work what has happened. Ask that person to screen your calls. Consider how you will get to and from work safely.

Who can you call when you are feeling down.

Go over your safety plan often.

