

CHECKLIST

What to take when you leave.

IDENTIFICATION

- Driver's License or other photo ID
- Children's birth certificates
- Your birth certificate
- Social security card

FINANCIAL

- Money and/or credit cards
- Checkbooks
- Bank account information
- Proof of your partner's income

LEGAL PAPERS

- The "Protection from Abuse" Order
- Lease, rental agreement, or house deed
- Car registration & insurance papers
- Health and life insurance papers
- Medical records for you and your children
- Work permits / Green card / Visa
- Passport
- Divorce papers
- Custody papers

OTHER

- House and car keys
- Medications
- Jewelry
- Address book
- Phone card
- Pictures of you, your children, & your abuser
- Children's small toys
- Change of clothes for you and your children

FORENSIC NURSE EXAMINER

Our registered nurses are trained to collect evidence and document injuries of:

- Domestic violence
- Strangulation

Forensic exams are conducted in a private, quiet environment, with advocates available to support survivors through the process.

**To schedule exams/appointments
please call (256) 716-1000**

VICTIM SERVICES COORDINATORS

Jackson County (256) 574-5826
Limestone County (256) 230-1240
Madison County (256) 716-4052
Morgan County (256) 337-3670

Victim Services Coordinators' numbers are not staffed 24/7. Please contact **HELPLINE at (256) 716-1000** outside of normal business hours.

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SAFETY PLAN



**24-hour HELPLINE
(256) 716-1000**

**We are here to help:
All races and ethnicities,
all gender identities,
all sexual orientations —
EVERYONE.**

CRISIS SERVICES
OF NORTH ALABAMA

YOUR PERSONAL SAFETY PLAN

PREPARE

SAFETY PRIOR TO A VIOLENT INCIDENT

Keep your **phone charged** and nearby at all times.

Practice safe home **exits**.

Plan where to go if you need to leave quickly.

Ask **neighbors** to call 911 if they hear trouble.

Establish a **code** word to signal when to call the police.

Move to areas with **exits** and no potential weapons.

Protect yourself and call the police when in danger.

STEPS TO TAKE BEFORE LEAVING

Create a "**go bag**" with money, keys, documents, and clothes, hidden or with a trusted person.

Identify supportive individuals for shelter or financial help.

Open a personal **bank account** and consider a credit card.

Contact **local shelter** for guidance.

Review safety plan regularly and keep an incident journal if safe.

SAFEGUARD

SAFETY IN YOUR HOME

Change locks immediately and consider adding more **security** measures.

Allow **unknown** calls to go to voice mail.

Teach **children** safety measures: dialing 911, not answering the door.

Notify children's **school** and caregivers of authorized pickups.

Inform **neighbors** of partner's absence and urge them to report sightings to law enforcement.

Do not open the **door** to abuser. Call 911 if safety is at risk.

SAFETY WITH A PROTECTIVE ORDER

Carry your protective order at **all times**.

Give **copies** to a trusted neighbor, relative, friend, and coworker.

Call the police immediately if your partner **violates** the order. Avoid trying to reason with them.

If the police response is delayed, consider **self-defense** options.

Notify your **neighbors** about the order, your partner's absence, and ask them to contact the police if they see them near your home.

SAFETY ON THE JOB AND IN PUBLIC

Notify key individuals, including security, about your situation and share a photo of your abuser.

Arrange for an **escort** to your transportation and wait until you're safely on your way.

Alter your routes and head to a police station if you suspect being followed.

Inform relevant agencies to **protect** your address and phone number, and ask for alerts on any information requests.

HEALTH AND EMOTIONAL WELL BEING

Seek **advice** from a trusted person before considering a return to an abusive situation.

Use a **safe location**, such as a police station, for necessary communication about child visitation.

Join a **support group** for guidance and understanding.

Find **confidants** for needed support.

Build self-esteem and assertiveness in expressing your **needs**.

Read empowering books, articles, and poems to help you feel **stronger**.

REMEMBER, LEAVING YOUR ABUSER IS THE MOST DANGEROUS TIME.