

SAFETY PLANNING

A safety plan is a personalized, practical plan that can help minimize danger and improve your safety while experiencing abuse, preparing to leave an abusive situation, or after you leave.



Make your Safety Plan before you reach crisis point

Being prepared is key. Start writing it now and fill in what you can. The plan should include your basic contact and work information, family schedule and addresses, medical necessities, phone numbers of people you trust, and a list of must-have items to take with you.



Ask someone to help you write your plan

Find someone who can support you through it, like a family member, friend or mental health worker. If you name someone in your plan, tell them, so they are prepared to support you in your time of need.



A safety plan needs to belong to you

It is a very individual plan. Someone can help you develop it but ultimately you need to decide what goes into it, and what works for you. Review your plan every so often to check its still relevant.



A safety plan supports your emotional safety too

Reflect on the support you need in the present and in the future to safeguard your emotional health. Breaking away from your abuser can entail significant emotional burden and potential danger.



A safety plan is a practical tool to help you keep safe

Make sure you have access to your plan when you need. Have a copy on your phone and if you can, share it with relevant family, friends and professionals such as your GP or mental health worker.

Sources: <https://www.every-life-matters.org>