

YOU HAVE THE RIGHT TO BE SAFE

SAFETY PLANNING TIPS

HOW TO PREPARE TO LEAVE AN ABUSIVE RELATIONSHIP

Leaving an abusive relationship can be a dangerous time; the abuser may become more abusive and controlling when they sense their partner is about to leave. Use the following safety plan tips to keep yourself and your children safe.

Leave money, an extra set of keys, copies of important documents, prescriptions/medicines, and extra clothes in a safe place with a friend or a loved one.

Open a chequing/savings account in your name and rent a post office box to receive mail in order to increase your independence.

Keep spare change or a calling card for making emergency calls.

Identify family and friends that can offer support when leaving.

Tell someone at the time you leave your situation (ie, your safe alternative or a shelter). Cover your tracks by calling 411 or a friend to avoid the use of redial or call tracing.

Keep in a safe place the Family Violence # (403-310-1818); OR Crisis Shelter # (403-934-6634) to speak to trained staff member 24 hours a day.

No one deserves to be in an abusive situation. Seek out help today and begin a life that is free of abuse for you and your family.

Contact us - Wheatland Crisis Society -
www.strathmoreshelter.com 403-934-6634



Wheatland Crisis Society