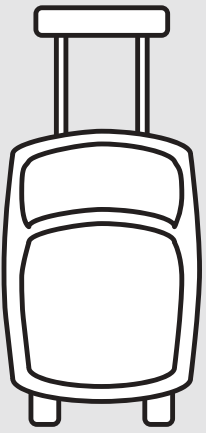


## Shelter in Place While Living in Abusive Homes

# SAFETY PLAN

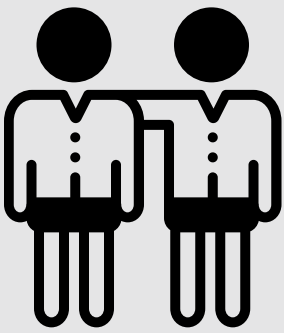
A safety plan consists of steps put into place in case of an emergency situation.



1

### PUT TOGETHER A "GO BAG"

Gather all of your important documents (birth certificates, bank statements, ID, etc.), clothes, money, keys, etc. and put them together in a "go bag." Make a bag for children and plan for them too. Consider leaving your bag in a safe location or a friend's house so the abuser doesn't find it. The best time to leave is when the abuser is not home.



2

### LET SOMEONE KNOW

If possible, let someone know you are in trouble (like a family member or trusted friend). Even if you are not ready to leave, letting someone you trust know what is going on with you can be advantageous in case you need support.



3

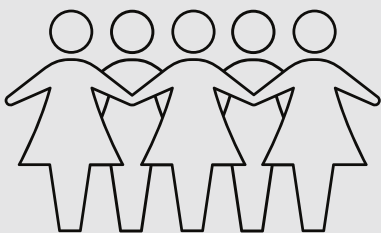
### 24-HOUR CRISIS LINE

Empower Yolo's crisis line is available 24/7 to support survivors. It's a safe space to have someone to talk to, help with finding shelter, and other resources & services. Our crisis line is answered by trained staff and volunteers. Call 530-662-1133 or 916-371-1907.

4

### SUPPORT GROUP

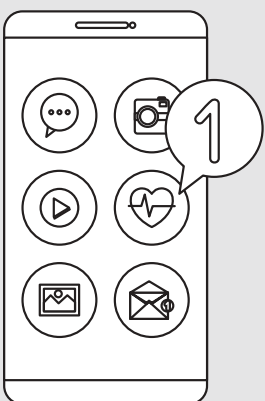
It is easy to feel alone, like you are the only one going through an abusive situation. Support groups can be very effective in learning about abuse and new healthy skills, as well as meet others who have gone through similar situations. Empower Yolo has support groups at different times & locations, including an online group focusing on self-care. Call 530-661-6336.



5

### HELPFUL APPS

There are many phone apps available that address the issues of domestic violence. Some of these apps offer general information, some provide screening tools and provide resources for help, and others are personal safety tools to inform others if you are in danger and need assistance. For more information about these apps and technology safety go to: <https://www.techsafety.org/resources-survivors>.



6

### CARE FOR YOURSELF

Self-care is incredibly important, especially during shelter-in-place. Ensuring you have healthy food, drink enough water, get exercise and adequate sleep are the base to building a solid self-care plan.

