

About The Hotline

The National Domestic Violence Hotline is the only national organization that directly serves victims of domestic abuse, their friends and family. Highly-trained, expert advocates are available 24/7 by phone to talk with anyone who is affected by physical, emotional, verbal, sexual or financial abuse. The Hotline also offers an online chat service at www.thehotline.org that is available every day from 7 a.m. – 2 a.m. CT.

Our services are **completely free and confidential**, and we have the largest and most comprehensive database of local and national resources in the country. Along with these resources, we offer lifesaving tools, immediate support and hope to empower victims to break free of abuse.



CALL 24/7

1.800.799.SAFE (7233)



TTY 24/7

1.800.787.3224



CHAT

every day 7 a.m. – 2 a.m. CT

www.thehotline.org



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The National Domestic Violence
HOTLINE

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Safety Planning

Safety Plans Can Save Lives

FREE

CONFIDENTIAL

24/7/365



1.800.799.SAFE (7233)



What is a Safety Plan?

A safety plan is a **personalized, practical plan** that includes ways to remain safe while in an abusive relationship, while you're planning to leave or after you leave. Safety planning involves how to cope with emotions, tell friends and family about the abuse, take legal action and anything else relevant to your unique situation. A good safety plan will have all of the vital information you need, and it will help walk you through different scenarios.

At The Hotline we **safety plan with victims**, friends and family members — anyone who is concerned about their own safety or the safety of someone else.



Why is having a Safety Plan important?

A thorough safety plan can provide **clarity and strength** for a person living in an abusive relationship. For family and friends of an abuse victim, a safety plan is a powerful tool for providing emotional support or physical safety. Should a situation ever escalate to life-threatening, a safety plan can become **absolutely essential to survival**.

Our advocates provide assistance with safety plans for a variety of situations, such as:

Safety planning while living with an abusive partner. A safety plan could include identifying the safest places in your home, practicing how to get out of the house safely, keeping weapons locked away and/or letting a support network know about the situation.

Safety planning with children. When children are involved, it's important that a safety plan outline ways to keep the children safe. This could include teaching them how to call 911, identifying a "safe room," planning for unsupervised visits and/or planning for safe custody exchanges.

Safety planning with pets. A pet is often a cherished member of the family, and safety plans can include them, too. Safety planning with pets might include taking steps to prove ownership of your pet, finding temporary care with a vet, friends or family and/or finding a shelter that accepts pets.

Safety planning during pregnancy. Pregnancy can be an especially dangerous time for women in abusive relationships. Safety planning could include speaking with health care providers, how to physically protect yourself in a violent situation and/or finding ways to receive the support and care you need.



Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion or gender. If you or someone you know is in an abusive relationship, or if you have questions about abuse, we can help.

1-800-799-SAFE (7233)
thehotline.org



love is respect org
1-866-331-9474
loveisrespect.org
text "loveis" to 22522