

SAFETY PLANNING



If you are in danger dial 999

Covid-19 or the Coronavirus is creating a lot of fear and uncertainty across the world. Being stuck in the house with your abuser whilst having to isolate due to the virus is creating a potentially dangerous situation. A safety plan can lower your risk of harm and abuse – you can't control your partner but you can take action that reduce risk or avoid situations.

Women's Aid Armaghdown
Newry, Mourne and Down on:
028 30250765
Armagh, Banbridge and
Craigavon on:
028 38397979

www.womensaidarmaghdown.org
admin@womensaidarmaghdown.org

Always keep your mobile phone **charged** and **with you**.

If it is a pay as you go phone, make sure you always have **enough credit** to call for help if you need it. Even without credit you can still call 999.

Have an escape plan. Think about where you might go in an emergency. Are there neighbours you could trust? Keep your car keys and bank card in a place that you can grab them easily. Think about the **safest routes in and out of your house**.

Keep with you any important and **emergency telephone numbers**. Try to keep a small amount of **money on you** at all times.

Enough change for a taxi or bus fare.

If you suspect that your partner is about to attack you, try to go to a **lower risk area of the house**.

An area where there is a way out and access to a phone.

Avoid the kitchen or garage where there are likely to be knives or weapons.

If you have to lock yourself in a room try to push a wedge under the door.

Be prepared to leave the house in an emergency.

Know where your car keys are, if you can bring your passport or other important documents with you when you leave. Bring your children with you.

**HELP IS
AVAILABLE**

**You Have the RIGHT
to be SAFE**

**24 Hour Domestic and Sexual Violence
Helpline**

0808 802 1414

(managed by Nexus)