Options & Safety Planning for Domestic Violence Survivors

You deserve to be treated with kindness and respect

**Local Resources**
- The DOVE Program: 410.496.7555 | Northwest Hospital | 5401 Old Court Road, Randallstown, MD 21133
- Baltimore County Domestic Violence & Sexual Assault Hotline: 410.828.6390 | 24/7 Response
- Women’s Law Center 410.321.8761 | 305 W Chesapeake Ave # 201, Towson, MD 21204
- TurnAround Inc. | Main Office: 410.377.8111 | 24/7 Sexual Assault Helpline: 443.279.0379
- House of Ruth Maryland Comprehensive Intimate Partner Violence Program for English & Spanish-Speaking Communities | 24/7 Hotline: 410.889.7884 | Linea de 24 Hora, oprema 8
- National Domestic Violence Hotline: 1.800.799.7233

**Types of Safety Planning**

<table>
<thead>
<tr>
<th>Safety Planning While Living with Abusive Partner</th>
<th>Safety Planning with Children</th>
<th>Emotional Safety Planning</th>
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<tbody>
<tr>
<td>- Have a phone always readily available</td>
<td>- Teach children how to access help (Dial 911 in emergencies)</td>
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<td>- Call 911 &amp; state your address first!</td>
<td>- Show children a safe place to go when things escalate</td>
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<td>- Create an escape plan</td>
<td>- Identify or create a safe word so they know when to get help and who to call</td>
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<td>- Identify partner’s warning signs and triggers</td>
<td>- Consider counseling for your children</td>
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<td>- Identify areas within the home with possible ways to escape and no access to weapons</td>
<td>- If you are separated from your abuser...</td>
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<td>- Think of reasons to get out of the house on a regular basis</td>
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**DOVE Can Help:**

24/7 response - Come to Northwest Hospital’s Emergency Department if injured

- Crisis Intervention: creating a plan to stay safe, resources and referrals to other agencies, assistance with short term goal setting
- Case Management: In person sessions for goal setting, safety planning, resources, education, and emotional support
- Counseling: to process experiences and work on achieving goals
- Support Group: A safe place to share personal experiences and the impact of domestic violence on one’s life and to begin the healing process

Call: 410.496.7555

**Safety with Technology**

1) Change all passwords & security questions to all online accounts
2) If you and your abusive partner are on the same phone plan, consider getting a new one
3) Tell friends and family not to post your info or pictures of you on social media

**Preparing to Leave**

- Document and maintain evidence of physical abuse (pictures of injuries)
- Begin to set aside money or create a secret “rainy day fund” for leaving
- Journal/log abusive incidences. Write down the dates/times/locations
- Inform a trustworthy friend/family member/coworker about what you’re going through
- Research local domestic violence resources and agencies that can help
- Pack and hide a ‘Get Away’ bag with personal items, toiletries and clothes

**When You Leave**

- Take all forms of identification
  - Driver’s license, Birth certificate and children’s birth certificates, Social security cards, Financial information, Money and/or credit cards (in your name)
- Legal Documents
  - Protective order, Copies of any lease or rental agreements, or the deed to your home, Car registration and insurance papers, Health and life insurance papers, Work permits/green Card/visa, Passport
- If moving, consider address confidentiality program

**After You Leave**

- Change your routes to work, school, friends, family...
- At work, change your shifts, phone extension, work area and parking place, if possible
- Keep a certified copy of your Protective Order at all times. Give a copy to your employer.
- Ensure all GPS signals are turned off
- Change your locks if your abuser has a key

https://www.myplanapp.org/home