Important Phone Numbers

Police_____

Restraining Orders: 414-278-5079 (Milw. County)

Family_____

Friend_____

Hotline_____

Shelter_____

Support Group_____

Personal Safety Plan

No one has the right to physically or emotionally hurt you or your child. Reaching out is an important step. Making a decision to leave can be very difficult. It may take time for you to feel ready.

REMEMBER: When you leave can be the most dangerous time. REVIEW YOUR SAFETY PLAN OFTEN. Don't forget … abuse is never acceptable. No one "asks for it" and it's not caused by alcohol, drugs, financial pressure, depression or jealousy.

Signs of Increasing Danger

- Obsession over you; abuser says he/she "can't live without you"
- Depression and talk of suicide
- Threats to kill you, your children, or your relatives
- Kidnapping attempts on you or your children
- Fantasies of homicide or suicide
- Increased violence or severe incidents of abuse
- Possession of weapons or threats to use them
- Increased use of drugs or alcohol
- Unpredictable changes in behavior

Increasing My Safety in the Relationship

- I will write down important phone numbers for myself and my kids (see above).
- If I leave home because of violence, I can go to four places:

1)_____

2)_____

3)_____

4)_____

- I will find a person or place where I can leave extra money, car keys, clothes and copies of documents.

Preparing to Leave

I will assure access to a phone at all times, open my own savings account, rehearse my escape plan with my children, and review my emergency plan weekly. If I leave, I will bring items from this checklist:

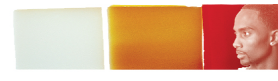
- Identification
- Birth certificates
- Social Security card
- Money, credit cards, ATM card, bankbooks
- Keys (house, car, office)
- Lease/rental agreement, house deed, current unpaid bills
- Work permits
- Passports/green card
- Divorce papers
- Restraining order
- Insurance papers
- Driver's license, car title

- Medications, second prescription if you leave without them
- Address and phone book
- Toys, blankets, diapers, underwear
- Items of sentimental value

Safety of Children

As violence increases toward you around the time of leaving, it may also increase toward the children. The risk for abduction, suicide, and homicide increases.

Teach your children:



- Don't open the door
- How to call 911 and give address or location
- Leave the home and get help if the abuser shows up

When the Relationship is Over

- I will make my home safe and secure. This may involve installing a security system, smoke detectors, and outside lighting system.
- I will change locks and reinforce doors.
- I will tell my neighbors that my partner no longer resides with me and to call the police if he/she is seen near my residence.
- I will tell teachers, child care providers, and family members who does and does not have permission to pick up my children.
- I will tell my supervisor about my situation, ask that my calls be screened and that no information be given out about me.
- I will avoid places and social situations where my abuser could find me.
- I can get a restraining order.
- I will keep a copy of my restraining order with me at all times and give a copy to my local Police District.
- If I decide I need support to stay out of the abusive relationship, I can call_____ or attend a support group.

For additional copies of this card, please call 286-2997 or (TTY) 286-2025.

MHD Graphics 8/12

Think Health Act Now!
CITY OF MILWAUKEE HEALTH DEPARTMENT
Tom Barrett, Mayor
Bevan K. Baker, Commissioner of Health
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