

what you need to take when preparing to leave

Getting yourself out safely is most important, but below are some suggested items to take with you:

- Address book
- Benefits card
- Birth certificate
- Car registration and insurance papers
- Cash
- Cell phone
- Checking and savings account books
- Children's toys and blankets
- Clothes
- Credit and ATM cards
- Custody papers
- Divorce papers
- Driver's license
- Family medical and vaccination records
- Green Card
- Health insurance card
- Income tax records
- Investment records
- Jewelry
- Keys
- Lease, rental agreement, or house deed
- Marriage license
- Medications
- Passport
- Pictures
- Prescriptions
- Protective order
- Sentimental items
- Social Security card
- Visa
- Work permit



Legal aid society

416 W. Muhammad Ali Blvd., Louisville, KY 40202
(502) 584-1254 or toll-free (800) 292-1862
www.laslou.org

Our services are always free.

when you need someone to call

LEGAL AID SOCIETY

phone: (502) 584-1254

website: www.laslou.org

Legal Aid assists clients, primarily women and children, with

- Advice on safety issues and court procedures
- Representation in obtaining domestic violence protective orders
- Referrals for support services
- Divorce

THE CENTER FOR WOMEN AND FAMILIES

crisis line: (502) 581-7222

Toll Free: (877) 803-7577

website: www.thecenteronline.org

LOUISVILLE METRO POLICE

phone: 911 or (502) 574-7660

website: www.louisvilleky.gov/metropolice

METRO UNITED WAY

phone: 211 (Resource Hotline)

website: www.metrounitedway.org

JEFFERSON COUNTY SHERIFF'S DEPARTMENT

phone: (502) 574-5400

website: www.jcsoky.org

JEFFERSON COUNTY ATTORNEY

Child Support Division: (502) 574-8300

Domestic Violence Intake: (502) 595-0853

website: www.louisvilleky.gov/CountyAttorney

VICTIM INFORMATION AND NOTIFICATION EVERYDAY (VINE)

Allows you to be notified if your abuser has been released from jail or prison or to check on the abuser's current status. Also to find out if your EPO has been served.

phone: (800) 511-1670

website: www.vinelink.com

CABINET FOR HEALTH AND FAMILY SERVICES

Protection Hotline: (800) 752-6200

website: chfs.ky.gov

DEPARTMENT FOR SOCIAL SERVICES

phone: (502) 595-4803

FOOD STAMPS

phone: (502) 595-4238

domestic violence
safety plan



pursuing justice, bringing hope.

You are not alone. Agencies and services are available to help you through this tough time. This brochure contains telephone numbers for these agencies and services, a suggested list of items to take when you leave, and tips for protecting yourself from an abuser.

when you are preparing to leave

This is the time to be most cautious. Abusers become more violent when the victim is attempting to leave.

- Keep a bag packed and store important documents in a safe place.
- Open a checking and/or savings account in your name, and a post office box in your name.
- Take out a protective order (EPO/DVO) or file a criminal complaint through the proper authorities. If the abuser violates the order or the complaint, call the police.
- Register for the VINE System (See the “When You Need Someone To Call” section of this brochure).
- Do not tell the abuser where you are going.
- Choose a safe destination and have a back-up location.
- Keep a phone close by or in a locked room with you.
- Take pictures of your bruises or injuries.
- Seek counseling when you are in a safe place.

during an explosive incident

Create a safety plan to follow in case you are in a violent or unsafe situation.

- Try to stay calm and call 911 if possible.
- Get to a room with multiple exits for a quick escape if needed.
- Avoid rooms without exits (bathrooms), and rooms with weapons (kitchens).
- Establish a “code-word” or signal so that family, friends, or neighbors know when to call for help; for example, leaving a light on or pulling a window shade down.
- Ask neighbors you trust to call the police if they hear any inappropriate behavior.
- Have your bag and other important items ready to go.

when the kids are around

- Teach your kids how to recognize the warning signs of abuse and to call 911 for emergency assistance.
- Tell your kid’s school and/or daycare which persons are permitted to pick-up your kids; give a copy of court orders to the school.
- Practice your safety plan with your kids.
- Talk to your kids about the situation and seek counseling for your kids.
- Tell your kids to never get in the middle of a fight.

when you are at home

If you stay in the home:

- Change the locks and add additional safety equipment (alarm, motion sensors, lighting).
- Tell the neighbors that the abuser no longer lives there and to call the police if the abuser returns.
- Screen your calls and memorize important phone numbers; save any emails or voice mails from the abuser.
- Consider getting a dog to warn you of intruders.
- Change your routine. Leave the house to shop or take care of business at different times or when you think the abuser is occupied (at work, for example).
- Document all incidents in a notebook.

If you move:

- Never call the abuser from your home phone or tell the abuser where you live.
- Request an unlisted number.
- Be selective in whom you tell your current address to.
- Do not give your contact information to anyone you think will give it to the abuser.
- Contact the police in your area for safety tips.

when you are at work and in public

- Inform your supervisor, building security, and/or trusted co-workers of your situation. If possible, provide a photo of the abuser.
- Keep a copy of your court orders at work.
- Arrange for someone to screen your calls.
- Always have a safety plan.
- Ask for an escort to the bus-stop or your car.
- Park in a secure and well-lit area.
- Use a variety of routes as you come and go.
- Avoid traveling on isolated roads.
- Carry a cell phone.
- Inform someone of your departure from work and safe arrival at home.
- Carry a whistle or air horn.