

My Safety Plan Summary

Where can I go?

• _____

OR

• _____

Most important things to take:

1. _____

2. _____

3. _____

4. _____

5. _____

Who can I call for help?

☆ _____

Shelters	
Women's Community House	519-642-3000
Zhaawanong Shelter	519-432-2270
Rotholme Shelter	519-673-4114
St. Thomas Shelter	519-633-0155
Women's Rural Resource, Strathroy	519-246-1526
Women's Crash Beds – Mission Services	519-439-0239
Unity Project Shelter	519-433-8700
Centre of Hope	519-661-0343 ext 300

Important phone #s	
Abused Women's Help Line 24hrs	519-642-3000
London Abused Women's Centre	519-432-2204
Sexual Assault Centre London	519-438-2272
Sergeant Lorna Bruce Persons at Risk	519-661-5861
London ON	519-661-5861
Police Department	519-661-5670
Regional Sexual Assault and Domestic Violence Centre at St. Joseph's Hosp.	519- 646-6100 ext 64224
London Health Sciences Centre	519-685-8500
London InterCommunity Health Centre	519- 660-0874
London Middlesex Health Unit	519-663-5317
Regional HIV/AIDS Connection	519- 434-1601
My Sisters' Place	519-679-9570
Youth Action Centre	519-434-6500
At'lohosa Native Family Healing Serv.	519- 438-0068
London Coffee House Program	519-439-9000
Streetscape	519-439-7700
Withdrawal Management (Detox)	519-432-7242
Options Clinic (LIHC)	519-673-4427
Ontario 211 (Community Resources)	211
Carrefour des Femmes	519-858-0954

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My Sisters' Place
 Transitional Support Centre
 566 Dundas Street
 London, ON N6B 1W8
 Phone: 519-679-9570





Safety Plan Tips



Increase your safety by creating a plan and mapping out action steps. Here are safety tips to consider when you create a safety plan:



Safety during a violent incident

- Call 911 & yell loudly (e.g. yell "fire")
- If you are inside find any escape (doors, windows, elevators, stairs) 
- Keep your wallet/purse handy & close to you so you can grab them and leave in an emergency
- Have a code word to use with people that you trust when you need the police 
- Arrange with friends that you trust to contact police if they suspect you are in danger

Safety in Public or Outside

- Use a variety of routes to walk on the streets 
- Walk with someone you trust when you are on the streets / Stick together 

- Stay away from remote and isolated areas
- Scan the area where you are going to for safety and escape routes
- If you are walking, take a route that is populated
- If you see your abuser on the street, go to the closest public place.
- Use a personal alarm device or request one at Victim Services of Middlesex County **519-245-6660**



Safety for you on your own:

- Stay calm / Act confident
- Stay away from your abuser
- Pretend you are with someone
- Stay away from bottles or other potential weapons that can be used to harm you
- Have a trusted friend or community worker to support and accompany you to court, the police or hospital
- While you are seeking safety, try to reduce or stop using alcohol or drugs
- Wear safe clothing according to the season and shoes you can run in



Things to Know:

- It is not safe to tell the abuser you're leaving
- Leave some emergency cash, important items, medication and extra clothes in a safe place
- Keep copies of important papers such as birth certificates, SIN card and Immigration with someone you trust
- Open a bank account to increase your freedom. Use a safe mailing address such as My Sisters' Place or London Intercommunity Health Centre.
- Seek legal advice through London Abused Women Centre **519-432-2204** or Family Law Information Centre; duty counsel on site **519- 660- 3301**
- Seek safe shelter & support by calling the 24hr Help Line **519-642-3000**
- Keep change or a calling card for emergency phone calls or use a day program phone
- **911** calls can be made for free on a charged cell phone without any plan or minutes
- There are safe places to go in the community. The shelter list is on this pamphlet.



Safety with a Protection Order:

- Find out the details & what it means for your safety.
- If the abuser violates the order, you can call the police & report the violation.
- Keep protection order papers on or near you. Keep a second copy in a safe location.
- Ask friends or people you trust to contact police if they see your abuser near you and provide a description of the abuser to the police.



Planning to leave an Abusive Relationship?

What should I take with me or leave with a trusted person?



- **Important document ID:** Health card, birth certificate, SIN card, Drug card, Dental card etc.



Medication

Money/Bank Account



☆ **Important items**

Clothing



Small things that have sentimental value



Other Things to Remember

List of Medications:

Doctor's phone#:

Lawyer's phone #:

Friend's / Relatives' #s:

Other Important #s:

My Sisters' Place is a program of:

