

REMEMBER:

Abusers try to control the lives of their victims. When abusers feel a loss of control (like when victims try to leave) the abuse usually escalates. That is why it is important to have a Safety Plan in place before and after you leave.

24 Hour Domestic Violence Hotlines

Laurel House 1-800-642-3150
Women's Center 1-800-773-2424
National Hotline 1-800-799-7233

Bilingual Domestic Violence Hotline

Philadelphia Area 1-866-723-3014

Victim Notification

If there has been an arrest as a result of the abuse, you may register through PA SAVIN to be notified upon the offender's release from prison.

PA SAVIN 1-866-972-7284
www.pacrimevictims.org

Now Is the Time

If you are a victim of domestic violence, now is the time to start thinking about protecting yourself and your children who depend on you for safety.

The mission of Laurel House is to:

- Advocate for and empower those impacted by domestic violence by providing crisis intervention, safe haven, supportive programs and resources
- Advance social change through preventative education and through community training and collaboration to foster a coordinated response to domestic abuse.

GET IN TOUCH



Laurel House 24-Hour Hotline
1-800-642-3150

National Domestic Violence Hotline
1-800-799-SAFE (7233)



info@laurel-house.org

Laurel House Administrative & Outreach Office
P.O. Box 764
Norristown, PA 19404
Office: 610-277-1860
www.laurel-house.org

Copyright 2019, Laurel House



Personal
Safety
Plan

24-Hour Hotline
1-800-642-3150

www.laurel-house.org

Safety During a Violent Incident

- If an argument seems unavoidable, try to have it in a room that has access to an exit.
- Keep your cell phone on you at all times.
- Have a code word to use with your children, family, friends and neighbors when you need the police.
- Avoid a room with weapons or things that could be used as weapons, such as garage, kitchen or basement.
- Practice how to get out of your house quickly.
- Consider parking your car in a way that will allow you to get away quickly and easily.

REMEMBER

Whether you leave or stay, you will be safer if you have a Safety Plan. Our advocates are trained to help you devise a personal safety plan.

Please call Laurel House's 24 hour, confidential hotline 1-800-642-3150.

Safety When Preparing to Leave an Abusive Relationship

- Choose a safe time for you to leave (i.e. when they are at work).
- Try to keep some money tucked away, or open your own bank account, if possible.
- Create a private email account.
- Rehearse an escape plan.
- Keep your cell phone with you or memorize a hotline phone number.
- Make it a habit of backing the car into the driveway and keeping it fueled. Keep the driver's door unlocked and others locked.
- Prepare an emergency bag that you hide or keep at a trusted friend/neighbor's house, which may include:
 - Identification/Driver's License
 - Car & house keys
 - Money, Access Card
 - Checkbook, pay stubs
 - Birth certificates
 - Social Security card(s)
 - Green card/work permit
 - Medications/prescriptions
 - Court paperwork
 - Lease, deed, rental papers
 - Items for children (i.e. diapers)
 - Medical/school records

DO NOT risk your safety to gather these items. Leave without them if necessary.

Safety After Leaving an Abusive Relationship

- Change locks on doors and windows.
- Change passwords to online accounts.
- Update privacy settings on your social media accounts.
- Consider changing your cell phone number. Always keep your cell phone with you.
- Install a motion-sensitive lighting system outside.
- If you have a Protection From Abuse Order (PFA), keep a copy with you at all times. Give a copy to the police, your employer, as well as to your children's school and childcare provider.
- Notify all childcare providers about who has permission to pick your child(ren) up.
- Choose a safe and public location for custody exchanges.
- Inform neighbors, landlord and others that your partner no longer lives with you and that they should call the police if they see them near your home.