



Are you safe?

It can be hard to figure out if your partner will hurt you or your children. You may find it helpful to talk with someone at a transition house, or with a counsellor at a men's program.

Women's centres or even family or other people you trust can give you information and support.

A counsellor or transition house worker can help figure out how safe you are and suggest ways you could be safer. They can also help you plan your next steps.

You may decide that you want to live at a transition house or shelter for a few weeks until you can figure out if you want to stay and work on improving your relationship, or if you want to move toward a temporary separation or divorce.

A safety plan

A safety plan is a plan to help you be safe and ready if your partner abuses you. It can help you think about what to do if your partner hurts you or your children, or how to stay safe if you end the relationship.

It can help to memorize your safety plan because it can be difficult to think about everything in an emergency. If you write down your safety plan, keep it where your partner will not find it.

Call a transition house and talk to the staff. Work out a code word with them so they know who is calling if there is a crisis. You can call or text the Transition House Association of Nova Scotia any time of day for free at 1-855-225-0220. The person who answers will help you reach the right transition house for you. In an emergency, call 911.

SAFETY PLAN CHECKLIST

It is important that you are prepared in case you have to act quickly. Here are some things to consider:

- Establish an escape route. Know a safe place to go, even if only to make a phone call.
- If your partner has abused you in the past, make sure the police or someone you trust know your situation. If you can, keep a record of any abuse. Keep it where your partner will not find it.
- Have emergency numbers (a transition house, family, neighbours, those who will help) programmed into a safe phone.
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- Speak with your family or neighbours and other trusted people. Let them know what's going on so they can pay attention and call for help if they become concerned.
- Talk to your children. They need to know where to run in an emergency and how to use the telephone to call police.
- If you can, put some money aside for things such as emergency taxi fare or bus fare or gas money, as well as a spare set of car keys so you can leave quickly.
- You may want to pack an emergency bag. See page 30 for an Emergency Bag Checklist.