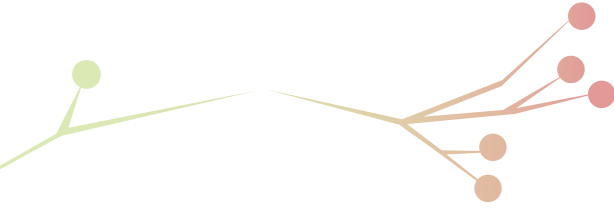


What to do in an emergency



If you are in danger, you should call 911 immediately.

All 911 calls are recorded and kept as evidence.

It may be a good idea for you to get legal and other advice now, even before there is an emergency.

Safety plan

A **safety plan** is a plan for increasing safety and preparing in advance for the possibility of abuse in the future. It is good to be prepared with a safety plan.

A safety plan can be a short-term strategy such as what to do during a violent act, or a long-term strategy such as how to stay safe when the relationship has ended.

It can be helpful to memorize your safety plan because it can be difficult to remember everything in an emergency. If you write down your safety plan, it is important that you keep the safety plan where your partner will not find it.

These are some things you should do as part of your **safety plan**:

- Establish an escape route. Know a safe place to go, even if only to make a phone call.
- If there has been previous abuse, make sure the police are fully aware of the situation.
- Have emergency numbers (a shelter, neighbours, those who will help, and 911) programmed into a safe phone.
- 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: 1-855-225-0220.
- Speak with your neighbours and other trusted people. Let them know what's going on so they can pay attention and call police if they become concerned.
- Talk to your children. They need to know which neighbour to run to in an emergency and how to use the telephone to call police.
- If possible, put some money aside for things such as emergency taxi fare as well as a spare set of car keys in order to leave quickly.

EMERGENCY BAG CHECKLIST

You may want to pack an **emergency bag** in case you need to leave quickly. You should pack what you would need for a few days. You may want to leave the bag with a friend.

If you don't feel safe packing an emergency bag, you may want to make a list of things to take and make sure you know where they are kept.

Some items you may want to bring are:

- money, financial statements, credit cards
- clothes for yourself and the children for a few days
- house keys, car keys
- a cell phone and charger cable
- copies of your lease, mortgage, or other deeds, mortgage statements
- car registration, driver's license, car insurance
- identification
- important papers – birth certificates, marriage certificates, social insurance numbers, divorce papers, custody documents, court orders, restraining orders, income tax returns, work permits
- health cards for yourself and the children
- medical and vaccination records
- any medicine you or the children may need
- First Nations status card
- immigration/citizenship papers, passports for you and the children
- the children's favourite toys, books, and special blanket
- picture of your partner (for identification)
- your address book and list of important phone numbers
- your favourite possessions, or other things that will bring you comfort.

