

# YOUR PERSONAL SAFETY PLAN

## iOVERCOME



### **Important Phone Numbers:**

Police: 911 or \_\_\_\_\_

MD Domestic Violence Hotline: 1-800-md-helps (634-3577)

Local Domestic Violence Program and Hotline: \_\_\_\_\_

Closets District Court (to obtain a petition for protection): \_\_\_\_\_

My attorney: \_\_\_\_\_

My doctor: \_\_\_\_\_

### **I can call these friends or relatives in an emergency:**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

### **These neighbors will call the police if they hear me being abused:**

Name: \_\_\_\_\_

Phone \_\_\_\_\_

Name: \_\_\_\_\_

Phone \_\_\_\_\_

**I can go to these places if I have to leave my home in a hurry:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Important paperwork to give to friend/relative for safekeeping:**

- Birth Certificates (for me and my child/children)
- My social Security Cards (for me and my child/children)
- Child/children school info
- Child/children medical records
- Bank information
- Any social services ID
- Passport or green card (for me and my child/children)
- Lease agreement or mortgage payment book
- Insurance information
- Prescription medications
- Important address/phone numbers
- Any evidence of abuse that I may have (i.e. pictures, police repts, etc.)

**I have put the following in a safe place or gave to a friend/relative for safe keeping:**

- Extra car keys
- Some extra money
- Extra change of clothing for me and my child/children
- Other \_\_\_\_\_