

Safety Planning when Self Isolating

Always keep your mobile phone **charged** and **with you**.

If it is a pay-as-you go phone, make sure you have always have enough credit to call for help if you need it.

Have a **CODE word** with your family and/or friends

Talk about what to do if you use it. Do they come and get you? Do they call the police?

Have a **CODE word** with your children.

Tell them where to go if you use it, run to a specific neighbour, go to the end of the street, etc.

Have an escape plan. Think about where you might go in an emergency.

Are there neighbours you could trust? Keep your car keys and bank card in a place that you can grab them easily.

Think about the **safest routes in and out of your house**.

Keep with you any **emergency telephone numbers**

Try to keep a small amount of **money on you** at all times.

Enough change for a taxi or bus fare.

If you suspect that your partner is about to attack you, try to go to a **lower risk area of the house**.

An area where there is *a way out* and *access to a phone*. Avoid the kitchen or garage where there are likely to be knives or other weapons. If you have to lock yourself in a room try to push a wedge under the door.

Be prepared to leave the house in an emergency.

Know where your car keys are. If you can, bring your passport or other important documents with you when you leave.

Covid-19 or the Coronavirus is creating a lot of fear and uncertainty across the world. Being stuck in the house with your abuser whilst having to isolate due to the virus is creating a potentially dangerous situation. A safety plan can lower your risk of harm and abuse - you can't control your partner but you can take action to reduce risk or avoid risky situations.

◆ **If you are in danger dial 999**

◆ **Belfast & Lisburn Women's Aid—
02890 666049**

◆ **24 Hour Domestic and Sexual Violence Helpline—
0808 802 1414**

Women's Aid can provide support over the phone, on Skype, FaceTime, Zoom or by email.

You have the RIGHT to be SAFE

YOU have OPTIONS

women's aid

Belfast and Lisburn

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