

# CENTRA HEALTH FORENSIC NURSE EXAMINERS

## Safety Planning

What is safety planning?

Safety planning is thinking and acting in a way that can increase your safety and the safety of your loved ones.

Things you can do to make you and your children safe:

- Ask someone for help, tell people what is happening
- Call the domestic violence hotline or the police
- Try to end the relationship
- You may try not to say things that might “upset” the abusive person
- If you sense that your partner is about to become violent, try to get to a place where there is an exit door or phone.
- Teach your children how to call for help
- Change your job or school
- Turn off location on all electronic devices when actively leaving

Think about different places you may not be safe:

- Home
- Work
- School
- Other places you often visit and the abuser knows (close friends, family, church, etc.)

If you don't live with the abuser, try to change your routine

What will you need if you decide to leave?

- Money and credit cards
- Medications
- Birth certificates and other ID
- Adaptive equipment (wheelchair, walker, cane, oxygen, etc.)
- Items for your children (diapers, formula, bottles, etc.)
- Pre-packed bag with change of clothes and important papers hidden where it can safely be retrieved.
- Non-perishable food items/snacks

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Important Numbers to know:

- 911
- Virginia Family Violence and Sexual Assault Hotline 1-800-838-8238
- Domestic Violence Shelter 888-528-1041
- Lynchburg General Hospital Forensic Nurse Examiners 434-200-3642
- Gretna Medical Center Forensic Nurse Examiners 434-200-2989
- Southside Community Hospital Forensic Nurse Examiners 434-315-2435

*Above all, trust your feelings and instincts. Remember...you are the expert on your own life!*