

SAFETY PLAN

If you are in a relationship where violence is present, it is beneficial to plan how to get to safety. What is important for you needs to be determined by yourself. Here are some suggestions:

1. **Escape Plan**

How can you protect yourself in the apartment?

Where can you escape to?

How can you leave the apartment?

Who can assist you?

Does your mobile phone work?

Can you call the police?

2. **Phone**

Do you have the ability to call for help at any time, e.g., using your mobile phone?

Have you saved emergency numbers on your mobile phone for quicker access?

Where else could you make a phone call?

Do you have spare change to use a public phone in case of an emergency?

3. **Emergency Numbers**

Make a list of important phone numbers:

Police: 133

Emergency Medical Services: 144

Fire Department: 122

Women's Shelter Wiener Neustadt: 02622 – 88 0 66

Women's Shelter Neunkirchen: 02635 – 68 971

4. **Help**

Who could assist you, and what signals could you agree upon to indicate you need help (e.g., a neighbor)?

5. **Children**

It is important to explain the situation to your children according to their age.

Since children often believe they are to blame for the violence, it is crucial to explain that they are not responsible for it.

6. **Keys**

Make copies of all important keys and keep them in a safe place outside the apartment.

7. **Documents, Savings Books**

Keep copies of important documents with you and store the originals in a secure location.

8. **Emergency Bag**

Prepare a bag with the essential items for yourself and your children and store it in a safe place.

9. **Evidence**

Document all incidents of violence and photograph your injuries and/or damage to the apartment (for reporting purposes).

10. **Accommodation**

Ask friends and family if you could stay with them in an emergency. If so, ensure you always have access. Alternatively, contact a women's shelter.

11. What else is important to consider in your planning?

Think about what else might be crucial for your situation and include it in your plan.