

Checklist

What you should take with you...

- Picture Identification
- Driver's license, car title, and registration*
- Children's birth certificates*
- Your birth certificate and marriage license*
- Restraining order
- Home and car keys
- Medications / prescriptions
- Social Security cards (yours and children's)*
- Cash / EBT card
- Divorce papers, including custody orders*
- Children's small toy or favorite blanket

These items might best be placed in one location, so that if you have to leave in a hurry, you can grab them quickly. It may also be a good idea to store them outside your home (in your car, with a friend).



*If you think removing these items might place you in danger, you can make photocopies and then put the originals back. Copies can be made at Starting Point's office for no charge.

Resource Numbers

Police Emergency 911
Police Non-Emergency _____

Starting Point:

Support Line (24 hours) 1-800-336-3795
Conway Office 356-7993
Ossipee Office 539-5506

Department of Health and Human Services

447-3841 or 1-800-552-4628

My Case Worker Ext. _____
Child Abuse Reporting 1-800-894-5533

Courts

Conway 356-7710
Ossipee 539-4561

NH Victim's Assistance 1-800-300-4500

Legal Advice and Referral Center
(In state) 1-800-639-5290

224-3333

Mental Health Services (sliding fee scale available)

Northern Human Services - Conway 447-2111
Wolfeboro 569-1884

SAFETY PLANNING

A Safety Plan Can Be
Useful If You Are Dealing
With An Abusive
Relationship

Not all of this information
will apply to your situation.

Choose what makes sense to
you.



Safety If You Choose to Stay in the Relationship

- * Decide under which circumstances you will call 911.
- * Plan where you will go if you need to leave home in an emergency situation.
- * Have a bag packed for you and your child(ren) and keep it in an accessible place so that you can leave quickly.
- * Determine whom you would call for help in an emergency. Make a list of friends, relatives, neighbors, police and hotline phone numbers. Keep this list in a safe location.
- * Speak with an advocate from Starting Point who can inform you of your rights and options.

Safety When Preparing to Leave

- * If you choose to leave, it is also best to leave with a carefully thought out plan in place. Batterers often strike back if they believe you are leaving the relationship.
- * Determine where you will go. Options may include: friends, relatives, a motel, or shelter.
- * Leave money, extra keys, copies of important documents, and clothes with someone you trust.
- * Assess the seriousness of your situation. If the batterer has access to weapons, has threatened homicide or suicide, has stalked you, or abuses drugs or alcohol, you may be in severe danger. If this is the case, consider relocation and/or changing your identity.
- * Consult with an advocate from Starting Point.
- * Seek a restraining order from Family Court.
- * Carry an emergency cell phone with you.

Safety With a Protective Order

- * Be aware of your surroundings. Change your daily routine from time to time.
- * Consult with a court advocate from Starting Point to prepare for upcoming court hearings.
- * Make extra copies of your protective order and keep one with you at all times. Also keep copies in your glove compartment, at a friend's or relative's home, and at your children's school or daycare.
- * Report all violations of the protective order to the police.
- * If you move to another town or state, remember that the protective order is still valid. You may register the protective order in your new town by taking the order to the local court.

Safety At Home

- * Check the lighting in your apartment hallways or outside your home. Make sure all areas are well lit at night.
- * Change or add locks on your doors and windows.
- * Ask your neighbors to let you know if he/she sees anything suspicious.

Safety on the Job

- * Decide to whom you need to tell the situation at work (your boss, co-workers, or security) and what you want them to do should the batterer show up.
- * Have someone escort you to your car. Use a variety of routes to go home if possible. Think about what you would do if something happened on your way home.

Safety With Children

- * Teach children not to get in the middle of a fight, even if they think they are helping.
- * Practice calling 911 with them.
- * If children are old enough, teach them a code word and what to do and where to go if you use the word.
- * Inform the children's school or daycare of any restraining orders or custody agreement.

Safety and Your Emotional Health

The experience of being battered and verbally degraded by your partner is exhausting and emotionally draining. The process of building a new life takes courage and incredible energy.

- * Create a list of positive thoughts about yourself and hang it in a place you will see every day.
- * Be assertive with others about your needs.
- * Attend a support group if you feel you need support from others who have been through similar situations.
- * Decide which family members or friends you can call to give you the support you need.
- * Read articles, books and poetry to help you feel stronger. Starting Point has a lending library, if you are interested.
- * Find something you like to do for yourself. You deserve to have some happiness and fun in your life.