

Personalized Safety Plan

Suggestions for increasing safety in the relationship

- I will have important phone numbers available
- Police 9-1-1
- Hotline- 1-866-644-3574 (toll free)
- Friends _____

Crisis Center _____

- I can tell _____

and _____ about the violence and ask them to call the police if they hear suspicious noises coming from my home.

- If I leave my home, I can go to (choose a friend or neighbor at whose house you would feel safe, or contact the crisis center to see about shelter)

- I can leave extra money, car keys, clothing, and copies of documents with

- To ensure safety and independence I can: always keep change for phone calls with me; open my own savings account; rehearse my escape route with a support person; and review the safety plan on

_____ (date)

Where Do You Go If You Are Being Abused?

New Hampshire has 14 crisis centers across the state available to assist you if you are victim of domestic violence or sexual assault. Crisis center staff and volunteers work with adults and minors who are victims of physical, sexual, emotional, verbal, and psychological abuse. If you are being abused, an advocate from a crisis center is available to assist you.