

Quick Recipes

From Mama's Kitchen

Selected from the *Mama's Kitchen recipes*.
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Short Safety Plan

I may need the information in this short form and on the *Phone Number List* sooner than I think. So, I will fill in the short form and the *Phone Number List* immediately.

Important Things to Notice

What does the abuser say or do in the lead-up to violence (including verbal violence)?
Are there times when there is no warning?

Where can I send my children if abuse feels imminent?

Where can I go when abuse feels imminent?

What is the safest room in my home with an exit door or window? (Kitchens, bathrooms and garages are generally the *least* safe because of their common tools and hard surfaces.)

Where can I keep an emergency cell phone? I don't have a phone: Where can I get one?

How can I get extra sets of house and car keys? Where can I hide them? (this set is in addition to any sets of keys the abuser knows about.)

Where can I park the car for a quick escape? (Avoid places I can get blocked in)

Where can I keep an emergency bag in case I need to leave the house in a hurry? (If possible, keep the emergency bag at someone else's house)

What will I put in the emergency bag?

Where can I go to be safe for a few hours?

Where can I go to be safe for 24 hours or longer?

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Phone Number List

Call when in danger: 911

911 is the number to call when I need help immediately. Don't call a hotline, don't call a friend. Call 911.

Police department (PD) and/or Sheriff's Office (SO)

Call your police department or Sheriff *before the next emergency* to get answers to questions about things like: how my city/county/state handles domestic abuse calls, emergency procedures, safe houses, what to do if the children are in school, etc.

PD/SO near home:

PD/SO near work:

PD/SO near school(s):

County registry of protective orders:

After Hours Reporting:

Attorney:

School(s) and Day Care:

Health

Therapist/Counselor:

Doctor:

Mental Health Help: Call 988 | I do not have to feel suicidal to get help and information or to talk to someone about what I'm going through.

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People I Know Who Might Help

Neighbors:

Friends and Family:

People I trust to take the children:

Other numbers I might need if the abuser takes my phone or if it is unsafe to use:

Work

My supervisor:

Partner's work number:

Partner's supervisor:

Military Specific

Military One Source (free counseling for active duty & dependents): 800-342-9647

Family Advocacy Program Office:

Military social services (check the base hospital):

Local Help and National Hotlines

Department of Social Services:

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Domestic violence program advocate:

State/Community domestic violence hotline:

National domestic violence hotline: 800-799-SAFE (7233) or text START to 88788 | 800-787-3224 (TTY) or Video phone: 1-855-812-1001

National Sexual Assault Hotline: 800-656-4673 | Text HOPE to 64673

SAMHSA's National Helpline: 800-662-HELP (4357)

Promise to Myself

I am in a relationship with someone who manipulates, confuses, insults, threatens, intimidates and abuses me. I am afraid my partner may physically hurt me (or hurt me again). Living with my abusive partner diminishes my ability to nurture myself and the ones I love. I want to feel better and be safer, whether I choose to stay or to leave this abusive relationship.

This plan will help me to react in more empowered ways the next time my partner engages in abusive behaviors. I cannot control the abuser's behavior, but I can choose how to respond to the abuser and plan reactive behaviors that optimize my safety.

I understand that because I experience verbal, mental and emotional abuse, then I am in danger of experiencing physical violence at any time.

During this relationship, I may have said or done some things that don't make me proud. I may have given in to the abuser's demands. I may have tried to manipulate or control my partner. I may have fought back against the abuse in ways I wouldn't want others to know about. This safety plan is not about judging my reactions to abuse. Abuse takes people to dark places, and I'm not alone in my feelings of regret, embarrassment, shame or otherwise.

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However, I can stop feeling ashamed because I am abused. The abuser is the one who should be ashamed for abusing me (but isn't). It's not my job to take responsibility for what my partner says or does. I am not responsible for an abuser's choice to abuse.

This safety plan, once completed, represents my promise to myself

- to take better care of my mental and emotional health,
- to take responsibility for my behavior and
- to stop blaming myself for my partner's abusive behavior.

My Signature:

If I've already experienced physical assault, it is important to leave the abusive relationship as soon as I can. However, leaving immediately and permanently is not always possible. The goal of this safety plan is to *help keep me as safe as possible* until I can, or decide to, permanently leave the abusive relationship.

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