

**If you need a safe place the
Emergency Departments are open
24 hours a day, 7 days a week.**

**Help is Available
Don't hesitate to call 911**

Before violence occurs, leave if possible and
go to a safe place.

Domestic Violence Resource Numbers:

◆ The Crisis Centre	604-872-3311
◆ BC Coalition to Eliminate Abuse of Seniors	604-437-1940
◆ Kid's Help Phone	1-800-668-6868
◆ Mental Health Emergency Services	604-874-7307
◆ Ministry of Children & Family Development After Hours	604-660-4927
◆ Multicultural Family Support Services Society	604-436-1025
◆ Provincial Gay and Lesbian Helpline	1-800-566-1170
◆ Re:ACT Adult Abuse & Neglect Response Resource	604-984-5958
◆ Adult Protection Domestic Violence Social Worker VGH	604-875-5458

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person to whom it was given by the health care team.
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Leaving Domestic Violence: A Safety Planning Checklist

You have the right to be safe!
If you are experiencing domestic
violence, it is important to plan for
your safety and the safety of your
family. Prepare to leave before the
threat of violence gets worse.

**Vancouver
Coastal Health**
Promoting wellness. Ensuring care.

Providence
HEALTH CARE
How you want to be treated.

Before violence occurs again, think about:

- Going to a safe place, trusted friend, Emergency Room, family or public place.
- Locating all possible ways to leave.
- Leaving and taking your children with you.
- Staying out of rooms with weapons.
- Getting your own bank account.
- Keeping some money outside the home so that you will have it if you leave.
- Deciding on a code word to signal a friend that you are leaving and need support.

Get a bag ready with the following things and leave it in a safe place (i.e. neighbour, friend, work)

- Phone card or coins.
- Extra set of clothes and shoes, for you and children. Toys for children.
- Medications and Prescriptions.
- Extra key for house, car and office.
- Phone numbers of emergency shelters.

Pack photocopies or originals of the following:

- Birth certificates
- Social Insurance Numbers
- Driver's license & registration
- Care Cards
- Passports
- Address Book
- Divorce paper or separation agreement
- Custody Agreements
- Insurance papers
- Lease/Mortgage papers
- Copy of restraining order or Peace bond
- Bank Book
- School & vaccination records