

Domestic Violence Resource Numbers:

◆ Battered Women's Support Services	604-687-1867
◆ The Crisis Centre	604-872-3311
◆ 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 & Lesbian Helpline	604-566-1170
◆ Senior Abuse & Info Line	1-866-437-1940
◆ Victim Link	1-800-563-0808

For more copies, go online at <http://vch.eduhealth.ca> or email phe@vch.ca and quote Catalogue No. CE.350.L489

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The information in this document is intended solely for the person to whom it was given by the health care team.

www.vch.ca

If you need a safe place,
Emergency Departments are open
24 hours a day, 7 days a week.
Urgent Care Centres have limited hours.

Help is Available
Don't hesitate to call 911

Think about going to a safe place,
before violence occurs

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.

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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