ESTD 2018
TRINITY
COUNSELING & WELLNESS

SAFETY PLANNING LIST

Here are some helpful items to get together when you are planning on leaving an abusive situation. Keep these items in a safe place until you are ready to leave, or if you need to leave suddenly. If you have children, take them. And take your pets, too (if you can).

Identification for yourself and your children

- ☐ Birth certificates
- ☐ Social Security cards (or numbers written on paper if you cannot find the cards)
- ☐ Driver's license
- ☐ Photo identification or passports
- ☐ Welfare identification
- ☐ Green card

Important personal papers

- ☐ Marriage certificate
- ☐ Divorce papers
- ☐ Custody orders
- ☐ Legal protection or restraining orders
- ☐ Health insurance papers and medical cards
- ☐ Medical records for all family members
- ☐ Children's school records
- ☐ Investment papers/records and account numbers
- ☐ Work permits
- ☐ Immigration papers
- ☐ Rental agreement/lease or house deed
- ☐ Car title, registration, and insurance information

Funds

- ☐ Cash
- ☐ Credit cards
- ☐ ATM card
- ☐ Checkbook and bankbook (with deposit slips)

Keys

- ☐ House
- ☐ Car
- ☐ Safety deposit box or post office box

A way to communicate

- ☐ Phone calling card
- ☐ Cell phone
- ☐ Address book

Medications

- ☐ At least 1 month's supply of all medicines you and your children are taking, as well as a copy of the prescriptions

A way to get by

- ☐ Jewelry or small objects you can sell if you run out of money or stop having access to your accounts

Things to help you cope

- ☐ Pictures
- ☐ Keepsakes
- ☐ Children's small toys or books

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