

## What to Take When You Leave

SOME ITEMS YOU MAY WANT TO STORE IN A SAFE LOCATION:

### Income and Title Documents:

- ☐ Pay check stubs for self and partner (2 months)
- ☐ Tax returns (2 years)
- ☐ Home title and deed, or lease agreement
- ☐ Vehicle title

### Account Statements:

- ☐ Bank accounts – savings & checking (past 12 months)
- ☐ Credit/ATM cards/open lines of credit
- ☐ Retirement/Investment accounts
- ☐ Utilities statement
- ☐ Loan documents – home, vehicle, personal, student

### Legal Documents:

- ☐ Bankruptcy statements
- ☐ Divorce/separation & custody/child support
- ☐ Order for Protection or Harassment Restraining Order

### Personal Documents:

- ☐ Drivers license
- ☐ Passport or immigration documents
- ☐ Birth certificate for self, children
- ☐ Marriage certificate
- ☐ Social Security card for self, children
- ☐ Medical/immunization/school records
- ☐ MFIP/benefits documentation
- ☐ Medical/dental insurance info for self, children

### Other:

- ☐ Cash and checking/savings account books
- ☐ Medications
- ☐ House/car keys
- ☐ Work uniforms
- ☐ Address books
- ☐ Sentimental items: jewelry, photos, children's artwork, favorite stuffed animal

Seek the advice of an attorney for a complete list of documents that you may need.



## Resources for Confidential and Free Help

### EMERGENCY SHELTER – 24 HOURS/DOMESTIC & SEXUAL VIOLENCE

Alexandra House Helpline (763) 780-2330  
MN Day One Crisis Line (domestic violence) 1-866-223-1111

### CRISIS RESPONSE RESOURCES – 24 HOURS

First Call For Help, Toll Free 1-800-543-7709  
Local 211 (651) 291-0211  
Minnesota Relay Service (call/text) 1-800-627-3529  
Anoka County Mobile Crisis Response | Call 988 or Text 741741

### CRIMINAL JUSTICE RESOURCES

Alexandra House | Legal Advocacy Services (763) 576-9999  
Anoka County Victim Witness (763) 324-5540

### PROTECTIVE ORDERS

Anoka County:  
Alexandra House | Legal Advocacy Services (763) 576-9999  
Anoka County Family Court Desk (763) 760-6803  
Hennepin County:  
Domestic Abuse Service Center (612) 348-5073  
Ramsey County:  
Domestic Abuse/Harassment Office (651) 266-5130

### ADDRESS CONFIDENTIALITY

Safe at Home (651) 201-1399

### LEGAL RESOURCES

Alexandra House | Legal Advocacy Services (763) 576-9999  
Central Minnesota Legal Services (CMLS) 1-877-696-6529  
Legal Aid:  
Hennepin County | Mid MN Legal Aid (612) 334-5970  
Ramsey County | CMLS 1-877-696-6529

### DOMESTIC ABUSE COUNSELING/SUPPORT GROUP RESOURCES

Alexandra House (763) 780-2330  
Domestic Abuse Project (612) 874-7063  
Lee Carlson Center - Fridley Clinic (763) 780-3036

### WEBSITES:

[www.alexandrahouse.org](http://www.alexandrahouse.org)  
[www.lawhelpmn.org](http://www.lawhelpmn.org)  
[www.mncourts.gov](http://www.mncourts.gov)



# Alexandra House

## Domestic Abuse Safety Planning



Alexandra House  
Working to end domestic  
and sexual violence.

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# 24 Hour Helpline and Shelter

## 763-780-2330

### Planning For Your Safety

If you are experiencing domestic violence, having a safety plan in place will not guarantee your safety; it will, however, increase your chances of escaping an unsafe situation. Create a safety plan ahead of time and review it regularly. If you have children who are age-appropriate, review your safety plan with them, and create a safety plan for each child. Make copies of the plans and keep them in safe places, where your abuser is unlikely to find them.

Survivors are the experts in their own situation and some of the information or suggested steps provided may not be relevant to an individual survivor. Safety plans should be adapted as needed. It may be helpful to start this process with an advocate.

### Safety During a Violent Incident

In order to increase your safety, you can utilize some of the following strategies:

- If you are in danger, call 911.
- When you feel a situation may progress to violence, retreat to a room that may be the safest for you. Avoid rooms with weapons, and stay in rooms with access to outside doors or windows.
- Keep your purse or wallet and keys accessible, keeping them in the same place.
- Tell trustworthy neighbors about the violence. Ask them to call the police if they hear or see any disturbance.
- Create a code for your children, family, friends, or co-workers so they know to call the police for you if you cannot. Make sure they know the importance of your code word, and remind them of it often.
- Plan where you will go if you must leave.
- Call Alexandra House, or if safe, check with family or friends to help find safe places to flee.
- Trust your judgment and intuition.

All services are free and confidential.

### Safety When Preparing to Leave

**Safe Person/Place:** Be aware of places you can go should you need to leave quickly. Call Alexandra House, or if safe, find out who would let you stay with them, lend you money, or watch your children.

**Phone Numbers:** Keep our phone number, cell phone, or a calling card on you at all times and memorize emergency numbers. You can call shelters collect, or dial 911 at no charge.

**Get Away Bag:** Leave money, an extra set of keys, medications, copies of important documents, and extra clothes with someone you trust so you can leave quickly.

**Leaving Abuser:** Create a safety plan and review it so you can decide the safest way to leave your abuser. Remember, leaving your abuser can be the most dangerous time for you and your children.

**Savings Account:** Open a savings account in your name at a bank where your abuser does not have an account.

### Safety in Your Home

**Locks:** Change the locks on your doors. Buy more locks or alarms to secure your windows. Add lighting.

**Children:** Talk to your children about your safety plan. Teach them about 911, including how and when to call the police.

**Phone:** Keep a phone in a room you can lock from the inside, or get a cell phone to keep with you all the time. Get an unlisted number and use caller ID to your screen calls.

**Neighbors and Landlord:** Tell your neighbors and landlord that your abuser does not live with you. Ask them to call the police if they see your abuser near your home.

### Technological Safety

**Social Media:** Only post things you want the public to see or know. Be protective of your personal information. Change your passwords and go through your social network accounts to update your privacy and security settings.

**Cell Phones:** Cell phones can be a beacon, tracking your exact location in real time. Call and text history can also be retrieved by an abusive partner.

**Internet Safety:** Keep in mind that as you use a computer, it might be monitored. Your abusive partner could have access to your email account. To be safe, open an email account your partner does not know about on a safe computer and use that account for safety planning and sensitive communications.

*If you would like assistance in developing a safety plan, contact an Alexandra House advocate.*

### Safety With a Protection Order

**Extra Copies:** Always keep your protective order with you. Make extra copies to keep in your car, at work, in your purse, and at your children's day care or school.

**Violation of a Protective Order:** Call the police if your abuser breaks the protective order.

**Family and Friends:** Tell trusted family, friends, neighbors, co-workers, and your supervisor that you have a protective order.

**School and Day care:** Tell your children's teacher and day care about who can pick up your children. Talk to your children about who they should tell if they see your abuser.

### Safety on the Job and in Public

**Tell Someone:** Tell someone at work what is going on. Tell office security and your supervisor. Give them a picture of your abuser.

**Phone and Email:** Have someone answer your phone calls for you. Save any voicemails, emails, texts, or written messages from your abuser.

**Leaving Work:** Create a safety plan for when you leave work. Have someone walk you to your car or bus. Go home different ways. Plan for what you would do if your abuser follows you.

### Safety and Emotional Health

**Talking to the Abuser:** If you have to talk to your abuser, find the safest way to do it.

**Support:** Get support from someone whom you can talk with, like a friend or counselor.

**Group Meetings:** Attend a support group to learn more about yourself and the relationship.

**Helpline:** Get support and information from our 24-hour helpline, 763-780-2330.

**If you are in immediate danger, call 911.**

