My Safety plan

ManKind Initiative

www.mankind.org.uk

Before leaving			
What is my escape route from the house if I am in danger?		Where is the nearest phone box?	
What will I take with me?		Have I packed an emergency bag?	
Do my children know how to contact the police?		What are the nearest services that can help me?	
Where can I go in case of emergency? (Friends, family, colleague, refuge, safehouse)		What are their contact details?	
After leaving			
What places should I avoid? (During the day, at work, at night, when shopping)		Is my home secure? (Locks, windows, garden gate, fire risk, letter boxes)	
Do I need legal protections? (reporting to Police, civil orders, child arrangement orders)		Can I be traced? (Social media, mobile phone, tracking devices, bank accounts)	
What support have I got in place? (IDVA, housing officer, Victim Support)		Is there anything else I need?	

My **safe** contact number is	
In an **emergency** I must call the Police	**999 (free from any phone)**
If **not** an emergency contact Police on	**101 (15p per call – any length, any network)**
I can contact **The ManKind Initiative**	**01823 334 229 (weekdays 10am – 4pm)**
My **safe person** to contact is	**Name; Tel;**

You are not to blame, you are not weak, you are not alone