

"how will i know when i'm ready to leave?"

- Only you can make the decision of when and how to leave a relationship.
- When you feel sad, upset, small or unsafe more than you feel lifted up and protected.
- When your definition of love does not match up with the way you are being treated.
- You feel emotionally and mentally exhausted in your relationship
- You feel like you are having to watch what you say or do to avoid a fight or argument.

"how am i supposed to get through this?"

- Remember you are not to blame for something that happens to you.
- Connecting with an advocate is a great first step toward healing. This person can inform you about free services available in your community that are designed to increase your safety and meet your goals.
- Make time for people who are safe and can help you heal from the inside out.
- Light exercise and deep breathing throughout the day will help reduce the impact of stress on your body.



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*A Getaway Designed
With You In Mind*

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hope

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I can count on these people to help utilize my safety plan

Name Care Lodge Phone 601.693.4673

Name _____ Phone _____

Name _____ Phone _____

Pack Your Bag

Include all the supplies you would need to be away from your home for at least two to three nights. Keep this bag either in your vehicle or at a location where you can pick it up later when it is safe.

Say Something

Tell a trustworthy and safe person who will cooperate with your safety plan and commit to keeping your whereabouts confidential. They may also agree to holding your ready-to-go bag for you, or use a code word to contact police if you are in danger.

Plan the Exit

Mentally walk through the steps you would need to take. Review the examples of things that may need to be considered in your safety plan below.

IMPORTANT TO YOU

Think of the things you need in your routine for everyday living.



Celebrate the small wins along the way



Pack lite for each person & pet



Daily Medications



Cell phone or important numbers written down (location tracking - off)



Consider options for transportation



Know where you can go



Identification and legal documents for private accounts



Make time to unwind

Need Help Now? Call 601.693.4673

You are the expert of your situation. No one knows exactly what you're going through, except you.