



# Safety Plan

## Preparing To Leave

- I will check with \_\_\_\_\_ and \_\_\_\_\_ to see if it would be okay to stay at their residence until I am able to find permanent housing or for \_\_\_\_\_ (amount of time).
- I will practice my exit plan with myself and my children as appropriate.
- I have made my SafePack (See My SafePack)
- I have this SafePack located: \_\_\_\_\_
- I will open an individual bank account and put some money in the account to increase my financial independence.
- I can open a P.O. Box and have all personal mail and bills sent there.
- Other things that I can do to increase my independence are: (finding housing, finding/maintaining employment)
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_