Important things to take when you leave:

**Identification:**
- Driver’s License / ID Cards
- Birth Certificate
- Children’s Birth Certificates
- Social Security Card(s)

**Financial:**
- Money and/or credit cards (in your name)
- Checking and/or savings account books
- Account logins and passwords

**Legal Papers:**
- Restraining Order
- Lease, rental agreement or house deed
- Car registration and insurance papers
- Health and life insurance papers
- School records
- Medical/vaccination records for you and your children
- Work Permits/Green Card/Visas
- Passport
- Divorce and custody papers
- Marriage license

**Other:**
- Medications
- House, vehicle and work keys
- Address book
- Laptop
- Cell phones and chargers
- Emotional safety items (baby blankets, toy, photos)
- Other: ________________________________

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**Need to talk?**

**Rusk County 24-Hour Office and Safe Shelter**
107 Lindoo Ave. E., Ladysmith, WI 54848
715-532-6976

**Price County Office**
305 S. Avon Ave., Phillips, WI 54555
715-339-4521

**Washburn County Office**
702 N. Front St., Spooner, WI 54801
715-635-5245

**Barron County Office**
12 W. Marshall St., Suite 105
Rice Lake, WI 54868
715-537-6334

www.embracewi.org

Interpreter services are available for survivors receiving services. You have the right to an interpreter at no cost to you.

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**Planning for your Safety**

No matter what, no one deserves to be controlled, intimidated, or physically or emotionally harmed. If you are being hurt by someone, there are options available to help you create a plan to be prepared and safe.

**24 hr. Crisis Line**
800.924.0556

**24 hr. Text Line**
715.532.6976

Embrace services are kind, confidential, non-judgmental, and at no cost to you.
You have the right to be safe.

Keep in mind, leaving is the most dangerous time in an abusive relationship.

**Safety at Home**

- Identify the cues or warning signs of the abuser’s violence.
- Trust your instincts and judgment. In some dangerous situations, you may need to give the abuser what they want to calm them down. You know what to do or what not to do better than anyone else.
- If the violence is escalating, try to avoid rooms that do not have a safe exit or may provide the abuser easy access to weapons.
- Create an escape route and practice getting out of your home safely.
- Plan where you will go and how you will get there if you have to leave home quickly. Leave a packed bag with a friend or relative.
- Find one or more neighbors you can tell about the violence and instruct them on what to do if they see or hear a disturbance coming from your home.
- Come up with a code word to use with your family, friends, and neighbors when you need emergency help, a ride, or someone to talk to.
- If drugs or alcohol are involved, remove yourself and children from the situation.
- Consider memorizing important phone numbers in case of emergency.
- If you have pets, make arrangements for them to be cared for in a safe place.
- Vary your daily routine and travel routes.

**Financial and Technology Safety**

- Open a separate checking or savings account in your own name.
- Leave money in a safe place or with someone you trust.
- Change your email and social media passwords, take electronics with you, and delete private information and accounts off computers and devices not coming with you.
- Check your phone for tracking apps or apps that share information with another account.
- Check your vehicle for tracking devices.
- Turn off the location function on your devices.
- Get a post office box or forward your mail to a safe address.

**Family Safety**

- Talk with your kids or family members about what to do and what not to do during a violent incident. Teach older kids how to help keep younger family members safe.
- Teach kids they should not try to stop a fight between adults, and fighting between adults is never their fault.
- Teach kids how to make phone calls for help and to dial 911. Make sure they know their address and phone number.
- Identify safe people your kids can talk to and safe places they can go.
- Come up with a family code word or signal to use when there’s an emergency and how to respond when it’s used.
- Talk to your kids’ school, daycare, etc., about who has permission to pick up your kids.

**Safety at Work or School**

- Ask someone to screen your phone calls and visitors.
- See if a safe person will walk with you to and from your vehicle.
- Inform your supervisor or instructor of safety concerns, restraining orders, or no contact orders.
- Provide your supervisor or instructor with a photograph or detailed description of the abuser.

**Emotional Safety**

- Identify cues and triggers that make you feel distressed. Find calming strategies to use when you start to panic, or feel upset or anxious.
- Identify safe and trusting people who will listen and support you.
- Identify safe and healthy ways to express emotion.
- Call Embrace to talk with an advocate or ask for information about attending confidential support groups.

Embrace advocates are available anytime, day or night, to help create a personalized safety plan.