

Urgent Safety Plan

Locations of nearest women's shelters:

Phone numbers of trusted contacts:

Items I need to gather:

- My birth certificate
- Kids' birth certificates
- Social Security Cards
- Bank information
- Driver license + Passports
- Lease/rental agreements
- Sentimental items

Important phone numbers:

Non-emergency dispatch

District Attorney's Office

Local Courthouse

Department of Human Services

Women's shelter

To do:

1. Purchase a prepaid phone OR join a friend's family plan
2. Open a checking account
3. Apply for state assistance: food (SNAP), childcare, healthcare, job search
4. Contact Catholic Outreach for housing assistance
5. Obtain a Civil Restraining Order