

Phoenix7 Solutions

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Tagline: From Ashes to Action – Where Healing Becomes Home

Motto: You're Not Broken, You Are Becoming

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Safety Resource Guide

This guide provides essential safety resources, crisis contacts, and planning strategies for individuals in need of immediate or long-term support.

Section 1: Crisis Hotlines

- National Domestic Violence Hotline (24/7): 1-800-799-7233
- National Suicide Prevention Lifeline: 988
- RAINN (Rape, Abuse & Incest National Network): 1-800-656-4673
- National Human Trafficking Hotline: 1-888-373-7888
- Crisis Text Line: Text HOME to 741741

Section 2: Phoenix7 Solutions Support

Phoenix7 Solutions is building partnerships with therapists, attorneys, and community resources to provide affordable and accessible support. Housing and transitional resources will also be available as part of future programs.

Section 3: Safety Planning Tips

- Keep a bag packed with essentials (documents, money, keys, medications).
- Create a code word with trusted friends/family to signal when you need help.
- Back up important documents digitally and store copies in a safe place.
- Practice gray rocking (neutral, minimal responses) with toxic individuals to avoid escalation.
- Identify safe exits and meeting places in case of emergency.

Section 4: Journal Prompts for Safety

- What does safety mean to me right now?
- Who are the people I can call when I feel unsafe?
- What steps can I take this week to increase my sense of security?


Section 5: Affirmations


- I deserve to feel safe in my body, home, and relationships.
- My safety and well-being are a priority.
- I am not alone—help and support are available.


Thank you for being part of Phoenix7 Solutions

"You're Not Broken, You Are Becoming"

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