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deeper together.

Domestic & Family Violence Safety Plan

Client Name:

Date:

Practitioner:

1. Immediate Risk Check

Are you currently in immediate danger?

- Yes
- No

If yes → Call 000

Police: 000

DVConnect Women's Line: 1800 811 811

DVConnect Mensline: 1800 600 636

2. My Warning Signs

Things that tell me violence may escalate:

-
-
-
-

3. Safe People I Can Contact

Name	Phone	Safe to Call?	Code Word?
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Code word for help: _____

4. Safe Places

If I need to leave quickly, I can go to:

-
-
-

24/7 Services:

- 1800RESPECT – 1800 737 732
- DVConnect – 1800 811 811

5. Preparing to Leave (If Needed)

Important documents to keep accessible (or copies stored safely):

- ID (licence/passport)
- Bank cards
- Centrelink details
- Children's documents
- Medication
- Keys
- Phone charger
- Essential clothing

Emergency bag location: _____

6. Technology Safety

- Check phone for tracking apps
- Change passwords
- Use private browsing
- Turn off location sharing
- Use safe device for support services

7. If Violence Escalates at Home

Safer areas of the house (avoid kitchen/bathroom):

-
-

If argument escalates:

- Move toward exit
- Keep phone accessible
- Avoid weapons areas

8. Children's Safety Plan (If Applicable)

Children know to:

- Go to _____
- Call _____
- Use code word _____

Important: Children are never responsible for intervening.

9. Financial Safety

- Separate bank account
- Access to emergency funds
- Important account numbers recorded safely

10. Legal Protections

Have you considered:

- Protection Order (DVO)
- Police Safety Notice
- Legal Aid Queensland

Referrals discussed:

- Legal Aid QLD
- Community Legal Centre

11. Emotional & Psychological Support

When I feel overwhelmed I can:

-
-
-

Grounding strategies:

-
-
-

12. My Strengths

Things that have helped me survive so far:

-
-
-

13. Review Plan

This safety plan will be reviewed on: _____

Client Signature: _____

Practitioner: _____