

Safety Tips

**You won't be able to stop the abuse, but
you can plan to keep yourself and your
children safe.**

**Whether you are:
living with your partner (and want to stay)**

have left them already

or are planning to leave

there are a few things you can do

It's your turn to take control!

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<https://equallysafefalkirk.co.uk>

Planning to stay safe

It can be useful to think in advance about how you will respond to different situations so that you are prepared and know what to do if you feel unsafe.

Think about lower risk spaces in your home:

Is there a way out through a window or other door?

Is there access to a phone?

Avoid high risk spaces:

Garage or kitchen – items that can be used to hurt you
Cupboards or small spaces where you could be trapped

Keep with you, or where you can access quickly:

Important & emergency numbers

A small amount of money / bank / credit cards

Identification, birth certificates, passports

Keys – house, car, work

Prescribed medication

Others who can help you

Can you ask a trusted neighbour to call for help for you?
Leave an emergency bag with a friend or family member?

Teach your children how to call 999

If your partner does not live with you:

Consider changing the locks on all doors and windows

Install smoke detectors on each floor

Install an outside light (back and front)

Consider changing your telephone number

Use voicemail to screen calls

Contact us – we can help!

Useful numbers

If you require urgent support, please call

Police on 999 or the Emergency Duty Social Work Team on 01786 470500

If you are feeling suicidal

Call 999 if you have hurt yourself / or if you feel calm - 0800 585 858

Hopeline UK - 0800 068 4141

National Suicide Prevention Helpline UK - 0800 689 5652

Text SHOUT to 85258