

Equally Safe Falkirk

Working together to help families to heal from domestic abuse and improve family functioning

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.

01324 632903

forthvalleyservices@barnardos.org.uk

<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 when you could be trapped.

Keep with you, or where you can access quickly:

Important & emergency numbers.

A small amount of money/ bank or credit card

I.D, 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 you partner does not live with you:

Consider changing 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

Useful Numbers

Urgent - Police on 999 or 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

Contact us for more information and help.

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