



In an Emergency:

- If you call 911 from a landline, you can leave the phone off the hook after you have dialed the number and the police will come to your location. This can be particularly useful if you have any communication difficulties.
- A 911 call is free from cell phones.
- Even if the phone is not activated or out of minutes, you can still call 911. However, if you call from a cellphone, the police cannot tell where you are calling from, so be sure to give them your address immediately.
- If the abuser interrupts while you are calling 911, a tip to remember is to talk to the operator like you are ordering take out food. This way you are still able to provide your location.
- Remember that there is no charge when dialing 911 from a pay phone.
- For TTY access (telephone device for the deaf) press the spacebar announcer key repeatedly until a response is received.
- If you do not speak English, tell the 911 call-taker the name of the language you speak. Stay on the line while you are connected to interpreter services that will provide assistance in your language.
- Try to remain on the line until the 911 call-taker tells you it is okay to hang up.

Cell phones and phone cards may be available free of charge to help you remain in contact with family and friends. The SaskTel Phones for a Fresh Start program is available for clients of domestic violence shelters and some family violence counselling centres. Ask your counsellor for further information about the program.

Remember: You can call 911 from anywhere on a charged cell phone, even if the phone is not activated or is out of minutes. Always call 911 if you feel you are in danger.

To Do:

Important Numbers:

SAFETY PLANNER



SAFETY PLAN

Leaving a relationship is a difficult decision. You may experience conflicting emotions. For example, you want the abuse to stop but you love and care for the abuser. You might feel scared, helpless, or that you deserve the abuse. You might feel embarrassed to admit that your relationship is in trouble. It is hard to admit you are being abused, but seeking help is important.

Your safety plan is your guide to leaving the abuse. Your safety plan should include what you will take with you, where you can go, and who you can contact for help. While you should try to make your safety plan as solid as possible, leave some room for flexibility in case the situation changes. Sometimes things come up at the last minute. Having a backup plan and leaving room for change will make things easier.

For more information, see the *Getting Out* guide at www.violencelink.ca/GO.

A Carry in your wallet originals or copies of all the cards you normally use:

- Social Insurance Number (SIN) card
- Credit cards
- Phone card
- Bank cards
- Health cards
- Status card

B Try to keep your wallet, purse, or bag handy containing:

- Keys for your home, car, workplace, safety deposit box, etc.
- Cheque book, bank books/statements
- Driver's licence, registration, insurance
- Address/telephone book
- Picture of spouse/partner and any children or pets
- Emergency money (in cash) hidden away
- Cell phone and charger
- Extra medications and a list of medications and their dosages
- Proof of pet ownership

C Have a suitcase available so you can quickly pack the following items:

- Clothing for you and your children
- Special toys and/or comforts for your children
- Medications
- Jewelry and items of special sentimental value
- A list of other items you would like to take if you get a chance to return to your home to collect more belongings later

D If you have pets, gather items you will need for their care:

- Crate or kennel
- Leash and collar
- Food and water bowls
- A small amount of food if possible (especially if your pet is on a special diet)
- Any special toy or bedding that your pet enjoys
- Pet licence or something to prove ownership of the animal

E Make a photocopy of the following items and store in a safe place, away from the originals. Hide the originals someplace else, if you can.

- Passports, birth certificates, Indian/First Nations status cards, citizenship papers, immigration papers, permanent resident or citizenship cards, etc., for all family members
- Driver's licence, vehicle registration, insurance papers
- Prescriptions, medical, and vaccination records for all family members
- School records
- All income assistance documentation
- Marriage certificate, divorce papers, custody documentation, court orders, protection orders, or other legal documents
- Lease/rental agreement, house deed, mortgage documents

F Other Considerations:

- Open a bank account in your own name and instruct the bank not to phone you. Access the statement online or arrange for it to be sent to a different location, such as to a trusted friend or family member.
- Store documents in a safety deposit box at a bank that your partner does not go to.
- Save and set aside as much money as you can (e.g., take a bit of change out of grocery money if/when possible).
- Hide extra clothing, keys, money, etc., at a friend/family member's house.
- Decide where you are going to go and how you will get there (e.g., by taxi or getting a ride from a friend).
- If you use mobility devices or other equipment to accommodate a disability, consider where you can rent or borrow any needed items.
- Connect with an agency that can help you by contacting 211 Saskatchewan.

G Finding Help:



Call 2-1-1, text 2-1-1, web chat or search independently through sk.211.ca to connect with services and supports in your local area. Trained professionals are here to help you find community, non-clinical health, and government services – 24 hours a day, 7 days a week, 365 days a year. Over 175 languages, including 17 Indigenous languages, are available over the phone.

Need Help? It's just a click, call or text away.
Phone: Dial 211 from a landline or cell phone
Web Chat: Visit sk.211.ca/contact_us to start your chat
Text: Text "Hello" to 211
Out-of-province phone call: Dial 1-306-751-0397