

# YOU HAVE THE RIGHT TO BE SAFE

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## SAFETY PLANNING TIPS

# HOW TO PREPARE TO LEAVE AN ABUSIVE RELATIONSHIP

Leaving an abusive relationship can be a dangerous time: the abuser may become more abusive & controlling when they sense their partner is preparing to leave.

Use the following safety tips to keep yourself and your children safe.

Leave money, an extra set of keys, copies of important documents, prescriptions/medications, and extra clothing in a safe place with a trusted friend or loved one.

Open a chequing or savings account in your name and rent a post office box to increase your independence.

Keep spare change, or a calling card, for making emergency calls.

Identify family and friends that can offer you support and confidentiality when leaving.

Tell a trusted individual at the time you leave your abuser (this can be a shelter staff member or your safe alternative person).

To cover your tracks, use 411 or contact a friend to avoid the use of redial or call tracking.

In a safe place, keep contact info. for  
Family Violence Support: 403-310-1818,  
True North Crisis Shelter: 403-934-6634,  
& your local police services.

True North's trained staff can be reached 24-hours a day.

No one deserves to be in an abusive situation. If you or a loved one are experiencing violence, reach out today for the support and resources needed to help you begin a life free of violence.