

# LEAVING SAFELY

## Step 1:

Think about:

- Where you can go to make a telephone call safely
- A safe place you can go to stay in an emergency. This may be a friend, relative, women's refuge, hotel or B&B
- The telephone number of the safe place
- How to get to the safe place. Decide how you will get there at different times eg. day or night
- The number of a local taxi firm
- What to tell the children & how to tell them if/ when you need to put the plan into action.

## Step 2:

Write down:

- Important phone numbers
- Your family's essential medicines
- Your RSI/ PPS or Claim No.
- Your Child Benefit Book No.
- Taxi .....
- Doctor .....
- Garda Station .....
- Law Centre/ Solicitor .....
- District Court .....
- Health Centre (CWO) .....
- Social Welfare Office .....
- Housing Department .....

## Step 3:

Collect the following items & hide them somewhere you can get them in a hurry.

- Enough money to get to a safe place by bus or taxi
- Extra set of keys for your home
- Extra set of keys for your car (if you have one)
- Extra clothes for you & your children

It may be a good idea to put them in a bag & store it with a friend.

## Step 4:

Think about finding the following items in a hurry. Have a bag ready.

- School uniforms & some of your children's favourite things
- Essential medicines
- The health board & social welfare require personal ID & evidence to assess your entitlement eg.
- any court orders • RSI/ PPS card
- claims' books • medical card
- marriage certificate
- birth certificates
- bank details • pay slips

## Step 5:

If you can, discuss your plan for leaving with a trusted friend so they can support you when you need to put it into action.

Keep your plan in a safe place. Ideally, somewhere you can get it quickly if you need to leave in a hurry.

