



# Safety Planning

## What Is Safety Planning?

A safety plan is a personalized plan that can help you avoid dangerous situations, and help you to respond with steps when you feel unsafe.

Safety plans can change to meet your needs.

Not all people are afraid of the same things.

## Thinking about your safety

- What do you consider to be an unsafe situation?
- What are the signs that you might be in a situation that is unsafe for you?
- When you have found yourself in unsafe situations before, what have you done to keep yourself safe?
- Where or who do you go to for support when your safety is at risk? Can you count on them to support you?
- How have you kept yourself safe at home or in the community?
- If you have children or family members dependent on you, how have you kept them safe?
- What do you do to feel better when you are stressed, sad or scared? Some Walk, talk to a friend, exercise?
- Did you know that research has shown that an individual knows best who and what is unsafe in their own lives?

## What to have in Case of Emergency

- Money
- Important Numbers
- Important Documents (birth certificates, protective orders, custody papers, green card/visa)
- Medication
- Pictures
- Changes of clothes

**LA County D.V  
Hotline**

**1-800-799-7233**

See back for more  
resources



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In addition to those people and places you have identified, here are some numbers you can call to get help. Speaking to a DV counselor or professional mental health provider may help you process how you're feeling and help you with creating or reviewing your safety plan.

## Resources

### 1736 Family Crisis Center

Services for DV survivors including: shelter, life skills, job development, and mental health services  
2116 Arlington Avenue  
Suite 200  
Los Angeles, CA 90018  
(213) 745-6434

### Peace Over Violence

Individual and group counselling for DV survivors, support groups, self-defense, case management, legal services, and more  
877-727-4747

### Homeboy Industries

Domestic violence intervention  
for men  
130 W. Bruno Street.  
Los Angeles, CA 90012  
323-526-1254  
[info@homeboyindustries.org](mailto:info@homeboyindustries.org)

### East L.A. Women's Center

Individual and group therapy, case management services, crises intervention, safety planning, advocacy, healing groups, community awareness, and linkages and resources  
1431 S. Atlantic Blvd. Los Angeles, Ca. 90022  
Crises Hotline: 800-585-6231  
213-481-6030

**If you are in  
immediate danger call 911.**

**Domestic Violence National Hotline: 800-799-  
7233**