



## A Safe Path Forward!

### STEP 1: Know the Warning Signs

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### STEP 2: Internal Coping Strategies

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### STEP 3: Making the Environment Safe

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### STEP 4: Preparing for a Quick Exit

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### STEP 5: Family and Friends

- | NAME     | CONTACT # |
|----------|-----------|
| 1. _____ | _____     |
| 2. _____ | _____     |

### STEP 5: Family and Friends (cont.)

3. \_\_\_\_\_
4. \_\_\_\_\_

### STEP 6: Professionals/Agencies

- | NAME     | CONTACT# |
|----------|----------|
| 1. _____ | _____    |
| 2. _____ | _____    |
| 3. _____ | _____    |

THERAPIST: \_\_\_\_\_

MEDICAL: \_\_\_\_\_

### 24-hour emergency assistance:

CCSS: 1-708-429-SAFE (7233)

National Hotline:

1-800-799-7233

1-800-787-3224 (TTY)

En Español

Confidential Chat:

[thehotline.org/blog/get-help-today/](http://thehotline.org/blog/get-help-today/)

### 24-hour emergency treatment:

Call 911

Go to local Emergency Room

## Checklist for a Quick Exit

### General:

- House and car keys
- Medications
- Valuables
- Money/Credit Cards
- Phones
- Clothes & hygiene necessities
- Small toys/blankets

### Legal Papers:

- ID's, SS cards, Birth Certificates
- Lease or Deed
- Insurance cards
- Divorce/Custody Papers
- Restraining Order/Order of Protection
- VISA/Work Permit